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**Tuesday**



President Evo Morales announces the takeover.

**Takeover:** Bolivian military ordered to occupy gas fields | **5**

**Playmate Wins:** Supreme court rules for Anna Nicole | **3**



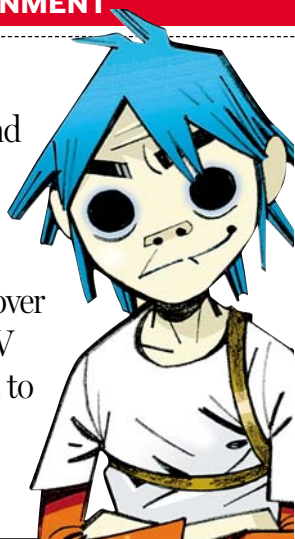
**War of Words:**  
Refs take heat over  
calls in Wizards-Cavs  
series | **14**

## ENTERTAINMENT

**Erased:**

Cartoon band  
*Gorillaz*  
becomes  
human.  
Also, panic over  
a bird-flu TV  
movie; Built to  
Spill's latest.

>> **9-13**

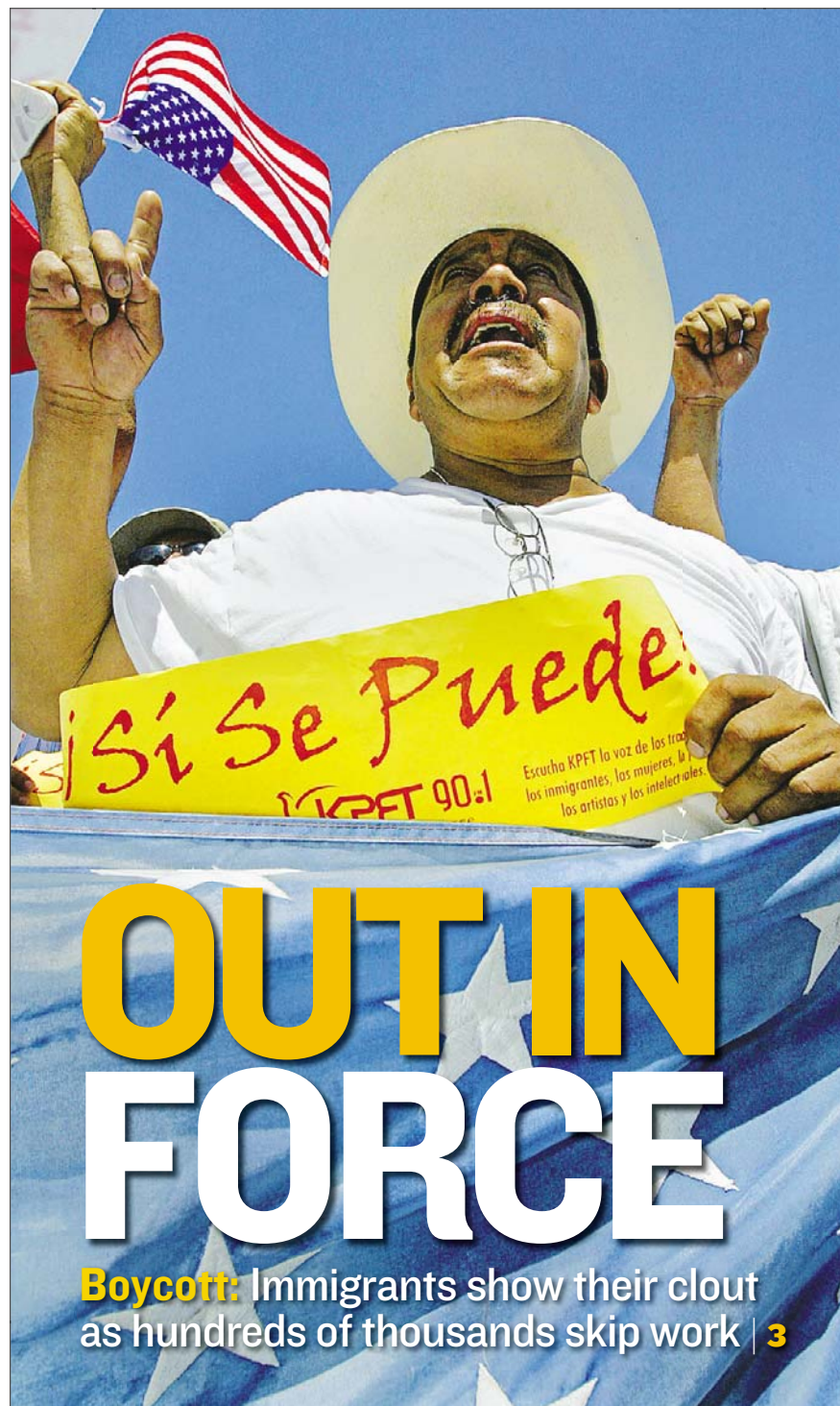


**Weather** >> Partly Sunny



**72 | 55**

FULL FORECAST ON PAGE 31



**LOUD AND CLEAR:** Juan Herrera chants at a rally for immigrants' rights in Houston on Monday.

## OUT IN FORCE

**Boycott:** Immigrants show their clout  
as hundreds of thousands skip work | **3**

## Gallaudet President Draws Ire

Students at school for deaf  
protest choice of new leader

WASHINGTON | The selection of a new president of Gallaudet University, the nation's only liberal arts university for deaf and hard-of-hearing people, sparked a student walkout and protest Monday at the school's campus in Northeast Washington.

Students objected to the appointment of Jane Fernandes, who is deaf and is currently the university's provost, because she did not grow up using American Sign Language.

Within moments, hundreds of students had blocked the main gates of the campus. Some shouted. Others climbed onto stone fences to sign to the growing crowd. Hands flying in American Sign Language, they roared, "We want to be heard!"

The presidency of Gallaudet is a position carrying enormous weight for many as the symbolic center of the deaf community.

Fernandes replaces I. King Jordan, 62, who was the first deaf person to lead the 141-year-old school. When a hearing president was named in 1988, a deaf rights movement erupted. Students marched to the White House, the Capitol and the Mayflower Hotel, where trustees were meeting, and demanded a "Deaf President Now."

Although all the finalists for the presidency this time were deaf, the selection was still divisive. Some complained that the board once again was ignoring the campus community; some decried the lack of racial diversity; some wanted what they called a "truly deaf" president, one who grew up without hearing and spoken language. **SUSAN KINZIE (THE WASHINGTON POST)**

**SEATING** **Getting A Rest-ed** Police in Bloomington, Ind., said Lauren Yoder picked the wrong place to take a load off. She was arrested for public intoxication after climbing into the back of a police cruiser to sit and rest for



a bit. Yoder didn't realize that back doors of police cars can't be opened from the inside, so the officer opened the door of the parked squad car to let the 20-year-old woman out. He then busted her for being intoxicated. (AP) **EyeOpeners** | Page 2



# eyeOpeners

## RUSES

### All Dogs Appear To Go to Heaven

An Allentown, Pa., couple who thought they were watching their epileptic dog being euthanized actually witnessed a sedation procedure concocted so the veterinary clinic could later give the canine to another owner, they claim in a lawsuit. Dana and Gary Ganyer said their dog Annie, which had frequent and debilitating seizures, was not euthanized in February 2005, but, rather, given a sedative to make it appear she was dead. The clinic then gave the dog to a new owner, who later had it euthanized in November, the lawsuit said. (AP)



## AUCTIONS

### Smart Bombs Sold Separately

A Chinese businessman has bought a MiG-21f plane from a U.S. seller on the auction Web site eBay for \$24,730 and plans to put it in an empty space at his offices. "I like to collect valuable

items. I have the buying power and my company has an empty space where I can display the plane," Zhang Cheng said. The fighter jet is currently located in Lewiston, Idaho and was last flown in 1995; it has been inspected by a museum and found to be in excellent condition. Zhang said the fighter jet was retired by the Czech military. (AP)

MATTHIAS RIETSCHEL/AP



## HOLIDAYS ABROAD

### Steam Effort

May Day celebrations were full steam ahead in Dresden, Germany, on Monday, as steel paddle steamers paraded down the Elbe River. Visitors gathered on bridges across the river and on the river banks to watch the annual great-steamer procession of nine sightseeing steam ships. Built between 1885 and 1929, the White Fleet — which also contains two salon ships and two motor ships — is the oldest and biggest paddle steamer fleet in the world. (EXPRESS)

## DAMAGES

### Case Clothed

A Rostock, Germany, court ruled that stadium operators can claim damages from streakers at matches — a deci-

sion that could affect the World Cup. The High Regional Court ruled Friday in favor of local second-division club Hansa Rostock, which filed compensation claims against three streakers after being fined \$24,800 by the

German Soccer Federation (DFB). The court ruled the club could seek full compensation for the fine against the trio, who had climbed over the fence and onto the field during an October 2003 match. (AP)



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**NOT-SO-SECRET:** The Secret Service has agreed to turn over White House visitor logs that will show how often convicted lobbyist Jack Abramoff met with Bush administration officials—and with whom he met. The records will be released by May 10.



## Nation

### In Brief

**TAMPA, FLA.**  
**Former Professor Sentenced To 18 Months in Terror Case**

A judge sentenced former professor Sami Al-Arian on Monday to another year and a half in prison before he will be deported in his terrorism conspiracy case, calling him “an active leader” in a Palestinian terror group. Al-Arian, 48, was sentenced to four years and nine months, but will get credit for the three years and three months he had already served. (AP)

**HARTFORD, CONN.**  
**Governor Reassigns Official Suspected in Bribery Case**

Connecticut's governor stripped a top fraud investigator of her duties Monday reports that she had testified to receiving many of the same gifts that toppled former Gov. John G. Rowland's administration. Kristine Ragaglia, head of the Medicaid fraud unit, was reassigned to administrative duties at Gov. M. Jodi Rell's order, pending an investigation. (AP)

**CHATTANOOGA, TENN.**  
**Fuel Costs Prompt School District to Suspend Classes**

The high price of diesel fuel for school buses meant children in one Tennessee school system got a holiday Monday — their second in a row. Some 3,800 youngsters got Friday and Monday off because of the action taken by Dallas Smith, superintendent of Rhea County schools in east Tennessee, to ease transportation spending. (AP)

# Immigrants Leave Jobs for Boycott

Groups flex economic muscle over potential guest worker reforms

LOS ANGELES | Hundreds of thousands of mostly Hispanic immigrants skipped work and took to the streets Monday, flexing their economic muscle in a nationwide boycott that succeeded in slowing or shutting many farms, factories, markets and restaurants.

From Los Angeles to Chicago, Houston to New Orleans, the “Day Without Immigrants” attracted widespread participation despite divisions among activists over whether a boycott would send the right message to Washington lawmakers considering sweeping immigration reform.

“We are the backbone of what America is, legal or illegal, it doesn't matter,” said Melanie Lugo,



**MARCHING ON:** Demonstrators make themselves heard in Chicago on Monday.

who joined a rally of some 75,000 in Denver. “We butter each other's bread. They need us as much as we need them.”

Police estimated 400,000 people marched through Chicago's busi-

ness district. In Los Angeles, there was no announced count, but one law enforcement official put it at about 300,000. Tens of thousands more marched in New York, along with about 15,000 in Houston and

### Dissent Over Boycotts

→ The national boycotts might have been stronger had the coalition that advises immigrants not been in conflict whether to endorse the plan | **Today, A Section**

**IN The Washington Post**

30,000 more across Florida. Smaller rallies in cities from Pennsylvania and Connecticut to Arizona and South Dakota attracted hundreds not thousands.

In Chicago, illegal immigrants from Ireland and Poland marched alongside Hispanics as office workers on lunch breaks clapped.

The boycott was organized by immigrant activists angered by federal legislation that would criminalize illegal immigrants and fortify the U.S.-Mexico border. Its goal was to raise awareness about immigrants' economic power. GILLIAN FLACCUS (AP)

## Flu Plan Predicts Huge Disruptions

WASHINGTON | The government forecasts massive disruptions if bird flu or some other super-strain of influenza arises, with as much as 40 percent of the national work force off the job, but it doesn't foresee closing U.S. borders to fight the spread, according to a draft of the national response plan obtained Monday by The Associated Press.

An outbreak could lead the

government to limit international flights, quarantine exposed travelers and otherwise restrict movement in and around the country.

But a complete shutdown of the border would not be likely, nor would it do more than slow the pandemic's spread by a few weeks, according to a plan being finalized by the White House for release Wednesday.

Pandemics can strike when the influenza virus shifts to a strain that people have never experienced, something that has happened three times in the past century. (AP)

## Smith Notches Supreme Court Win

WASHINGTON | The Supreme Court revived former Playboy Playmate Anna Nicole Smith's pursuit of her late husband's oil fortune, ruling Monday that the one-time stripper deserves another day in court.

Smith won a unanimous vote in her feud over the estate of J. Howard Marshall II, the colorful Texas tycoon who died in 1995 at age 90.

Smith won a \$474 million judgment, which was cut to about \$89 million and eventually nullified.

Although Monday's ruling reinstates her claim, there is no guarantee she will collect any money.

Justices said only that federal courts in California could deal with her case despite a Texas state court ruling that Marshall's youngest son was the sole heir to the estate. (AP)



Smith

# Allergies?

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## Nation



**EAU DE DOH:** The makers of timeless kiddie toy (and sometimes snack) Play-Doh are celebrating its 50th anniversary with the release of a 'doh'-scented fragrance.

# Benefits Keep Dropping

**Money for Medicare, Social Security to run out sooner, report says**

WASHINGTON | The trustees for the government's two biggest benefit programs said Monday that the trust fund for Social Security will be depleted in 2040, a year earlier than expected, while Medicare will exhaust its trust fund just 12 years from now.

The annual report showed deterioration in the financial condition of both programs although the problems in Medicare were depicted as

far more serious because of the skyrocketing costs for health care.

A year ago, the depletion of the Social Security trust fund had been projected to occur in 2041, one year later than the current estimate, and the Medicare hospital insurance fund had been forecast to last until 2020, two years longer than estimated.

The trustees, who include the head of the Social Security Administration and three members of President Bush's Cabinet, painted a sober assessment of the health of the two programs in advance of the looming retirements of 78 million baby boomers.

They stated that the projected long-term growth rates for both Social Security and Medicare are not "sustainable under current financing arrangements."

Bush tried last year to overhaul Social Security with the introduction of private investment accounts for younger workers but the idea went nowhere in Congress. Democrats attacked the Bush program as a hidden effort to cut future benefits.

In this year's State of the Union address, Bush asked Congress to create a bipartisan commission to study entitlement reform.

MARTIN CRUTSINGER (AP)

## NORTH CAROLINA | PANTHERS WEIGH IN ON RAPE CASE



**SHOW OF SUPPORT:** Black Panther Party members on Monday hold an African flag and the eight demands they're making of the Duke rape investigation surrounding the college's lacrosse team in Durham, N.C.

## Man Finds Finger In Hamburger at Friday's Eatery

BLOOMINGTON, IND. | A diner found a piece of human flesh on his hamburger shortly after a restaurant worker accidentally cut his finger, and a spokeswoman said the company was "very, very sorry."

A kitchen manager at the TGI Friday's at College Mall injured himself Tuesday and no one immediately realized he had lost part of his finger while others rushed to help him, said a spokesperson for the chain.

Another staff member served the plate to a customer, who immediately spotted the piece of flesh.

The manager was treated at Bloomington Hospital and lost only a small piece of his finger. (AP)

## GREAT INFERTILITY TREATMENT

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Genetics & IVF Institute (GIVF), the first infertility clinic in the Washington area, is pleased to announce the opening of its new, state-of-the-art fertility and genetics clinic at 3015 Williams Drive in Fairfax, Virginia.

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# 'Mission Accomplished' 3 Years Later

**Bush says emergence of Iraqi leadership is turning point in war**

WASHINGTON | Three years after delivering his "mission accomplished" speech on Iraq, President Bush on Monday declared another turning point had arrived with the establishment of a permanent government in Baghdad.

"We believe we've got partners

to help the Iraqi people realize their dreams," Bush said of the recent emergence of new Iraqi leadership. "They need to know that we stand with them."

The president's May 1, 2003, appearance on the USS Abraham Lincoln is one of his most indelible war-related images.



Bush

Clad in a flight suit, he emerged dramatically from a Navy jet that screamed in for a landing on the carrier's deck. Under a giant "Mission Accomplished" banner, Bush announced that "major combat operations in Iraq have ended."

But violence in Iraq continued instead of ebbed. In the three years since Bush's speech, there have been another 2,258 U.S. military deaths in Iraq — an average of 63 each month.

JENNIFER LOVEN (AP)





**BARD APPEAL:** Shakespeare in Hindi? That's exactly what popular Indian director Vishal Bhardwaj is doing with a trilogy of modern-day interpretations of works like "Macbeth" and "Othello." The first two films are set in India and performed in Hindi.

## World

### In Brief



Palestinian leader Mahmoud Abbas meets with Jordan's King Abdullah II.

AMMAN, JORDAN

#### Abbas Says He's Ready to Negotiate Anew With Israel

Bolstered by support from Jordan and Egypt, Palestinian President Mahmoud Abbas said Monday he is "ready" to negotiate with Israel and vowed to "prod" the so-called Quartet of Mideast peacemakers to jumpstart talks. "We are ready to negotiate with the Israeli government on the basis of the road map," Abbas said after meeting with Jordan's King Abdullah II in Amman. (AP)

MEXICO CITY

#### 'Day Without Gringos' Held To Back Immigrant Protests

Thousands of Mexicans took to the streets Monday to support migrants in the United States and celebrated what they called a "Day Without Gringos" by shunning U.S.-owned supermarkets, fast-food restaurants and American goods. Measuring the boycott's impact proved difficult, however, because business is normally reduced to a fraction of normal volume on Mexico's May Day holiday. (AP)

EL-ARISH, EGYPT

#### 3 Suspects in Resort Blasts Killed by Security Forces

Security forces Monday fatally shot three men wanted in terrorist bombings that killed at least 18 people in a coastal Sinai Peninsula resort last week, officials said. A policeman also died in the gunfight near Risan, security and police officials said on condition of anonymity. The three men fatally shot Monday brought to six the number of wanted men killed in the past three days as Egyptian authorities swept the Sinai interior. (AP)

# State to Run Bolivia's Gas Industry

## President tells troops to occupy facilities run by foreign companies

LA PAZ, BOLIVIA | President Evo Morales ordered soldiers to occupy Bolivia's natural gas fields Monday and threatened to evict foreign companies unless they give Bolivia control over the entire chain of production.

The move fulfills an election promise by the leftist president, who has forged close ties with Cuba's Fidel Castro and Venezuela's Hugo Chavez, to increase state control over Bolivia's natural resources,

which he says have been "looted" by foreign companies.

Morales sent soldiers and engineers with Bolivia's state-owned oil company to installations and fields tapped by foreign companies — including Britain's BG Group PLC and BP PLC, Brazil's Petroleo Brasileiro SA, Spanish-Argentine Repsol YPF SA, France's Total SA and U.S.-based Exxon Mobil Corp. They have six months to agree to new contracts or leave Bolivia, he said.

"The time has come, the awaited day, a historic day in which Bolivia retakes absolute control of our natural resources," Morales, Bolivia's



Bolivian President Evo Morales delivers a speech on the gas plan Monday.

first Indian president, said in a speech from the San Alberto field operated by Petrobras in association with Repsol and Total SA.

State television aired footage of soldiers and police standing guard outside some gas installations and petroleum company offices in the eastern city of Santa Cruz where much of the industry is based.

The announcement follows a trend by oil- and gas-rich Latin American nations to exact a larger share of profits from extraction of the fossil fuels. ALVARO ZUAZO (AP)



**'Historic day':** President Evo Morales' decision to send troops to gas fields was a strong statement in a region moving to block outside influence | **Today's Post, AI**

### BAGHDAD | IRAQIS CALL FOR BETTER SECURITY



**SPEAKING OUT:** An Iraqi woman takes part in a rally outside the Green Zone in Baghdad Monday. Demonstrators gathered to protest the country's security situation and call on the newly formed government to implement measures to curb violence. In the latest attacks, four people were killed when a bomb exploded in a market in Madain, a mostly Shiite town.

## Trapped Miners Talk With Rescuers

BEACONSFIELD, AUSTRALIA | Wedged for nearly a week in a cramped cage a half-mile underground, two gold miners got right to the point when rescuers made radio contact: "Get us out."

The words brought joy to this town of 3,000 on the south-

ern Australian island state of Tasmania, but officials said it could be two more days before emergency crews are able to rescue the trapped men.

Brant Webb, 37, and Todd Russell, 34, were trapped April 25 by a cave-in that killed another

miner. On Monday, rescuers fed the trapped men biscuits, water, and a protein drink through a tube.

After feeding a cameraman's microphone through the narrow hole, they established communication with the men. Russell's first words were short and to the point: "It's (expletive) cold and cramped in here. Get us out!" (AP)

## 27 Militants Killed in Afghanistan

### Coalition forces avert 'ambush'; multiple car bombings target troops

KANDAHAR, AFGHANISTAN | Canadian and Afghan forces killed as many as 27 militants and captured three in fighting throughout Afghanistan over the weekend, and an Afghan army sergeant also was killed, officials said Monday.

Three suicide car bombs Monday injured a U.S. soldier, another coalition soldier and an Afghan boy, officials said.

Supporters of the hard-line Islamic Taliban militia ousted from power in a U.S.-led invasion in late 2001 have stepped up attacks in recent months, principally targeting international and Afghan government soldiers. Multiple suicide bombings in a 24-hour period is rare in Afghanistan, however.

A coalition patrol on Saturday killed between 15 and 20 militants carrying assault rifles and grenade launchers, who were "moving with the intent to set up an ambush" in Helmand province in southern Afghanistan, a military statement said. NOOR KHAN (AP)



## World



**DANGER ZONE:** Polar bears and hippos are among more than 16,000 species of animal, bird, fish and plant threatened with global extinction, a Geneva-based group said Tuesday. The number of species in danger of extinction rose from about 15,500 in 2004.

# Darfur Rebels Wary of Peace Offer

## U.S. envoy travels to negotiations in hopes of salvaging agreement

**ABUJA, NIGERIA** | Darfur rebels have bickered among themselves, violated a cease-fire and even been accused of attacking peacekeepers. Now they risk being seen as standing in the way of an agreement to stop the bloodshed in one of the saddest places in the world.

With a midnight Tuesday deadline approaching after more than two years of talks here, Sudan's government said it was ready to sign a

peace accord with the rebels from the western Sudanese region of Darfur.

But the rebels, suspicious of the government's intentions, rejected the agreement proposed by the African Union. They said it did not guarantee enough political power for Darfur or provide enough detail on how it would be implemented.

In accepting the draft, the Sudanese government agreed to disarm militia it is accused of unleashing on Darfur civilians, commit millions of dollars to rebuilding a region devastated by poverty and war, and compensate victims of the

fighting, Salim said.

Darfur has increasingly drawn the world's attention. The U.S. State Department said Monday that it was sending its No. 2 official, Deputy Secretary Robert Zoellick, to Nigeria in an attempt to break the stalemate.



Zoellick

A high-level Sudanese official, Vice President Ali Ousman Tahar, left Abuja on Monday, a government spokesman said.

"But it doesn't mean that every-

thing has failed. We are optimistic that a deal will be reached by midnight, tomorrow," said Abdul-Rahman Zuma. "A lot of people are putting pressure on the other parties to sign the agreement."

Fighting in Darfur has killed tens of thousands and forced millions more from their homes.

The peace agreement would create a transitional authority for the region including rebel representatives, and proposes that the people of Darfur vote by 2010 on whether to create a single geographical entity out of the three current Darfur states. **BASHIR ADIGUN (AP)**

## Italy's Berlusconi Ready to Resign

**ROME** | Italian Premier Silvio Berlusconi is expected to end Italy's postelection stalemate by handing in his resignation Tuesday after a final Cabinet meeting, Italian state television reported.

RAI state television reported on Monday night that Berlusconi, whose conservative forces narrowly lost to Romano Prodi's bloc in April elections, would hand his resignation to the president on Tuesday.

Berlusconi has never formally acknowledged Prodi's victory, vowing to keep up his fight for re-election through legal challenges. **(AP)**

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### SWITZERLAND | MAY DAY RALLY DISSOLVES INTO CHAOS



**LABOR PAINS:** Demonstrators run as riot police use water canons during a May Day procession in Zurich, Switzerland, Monday. May Day, which is observed around the world largely to commemorate workers' rights, drew more than a million people to rallies across Europe. Protests in Zurich, Stockholm, Istanbul and Berlin turned violent.

## Violence in Kashmir Leaves 35 Dead

**DODA, INDIA** | A wave of violence by Islamic militants aimed at Indian-controlled Kashmir's Hindu minority has left 35 dead, police said Monday, days ahead of a planned meeting between the divided region's political separatists and India's prime minister.

In one village, militants disguised as soldiers coaxed residents from their homes and then gunned

down 22 of them — the single bloodiest attack by Islamic guerrillas in Kashmir since a 2003 cease-fire between India and Pakistan.

Indian Prime Minister Manmohan Singh suggested the killings would not hamper efforts to find peace in the region divided between India and Pakistan.

India has repeatedly accused Pakistan of backing the militants,

even as the two countries have talked peace. Singh, however, stopped short of blaming Islamabad for the attack.

A spokeswoman for Pakistan's Foreign Ministry, Tasnim Aslam, said the killings were "an act of terrorism and we condemn it."

Following the attack, survivors rushed to alert the army, but the assailants fled before security forces arrived, said Sheesh Pal Vaid, a police inspector-general. **(AP)**



# Money

## Economy Pushes Forward

Consumer spending, incomes rise but prices pick up as well

WASHINGTON | The national economy carried its strong momentum into the second quarter as factories cranked up activity, builders boosted construction spending to a record high and consumers opened their pocketbooks ever wider.

But inflation picked up, too.

The information was contained in a trio of economic reports released Monday.

"Households and corporations are still very active and are creat-

ing economic momentum, which is tremendously encouraging news," said Carl Tannenbaum, chief economist at LaSalle Bank. "The only dark cloud comes from the news on prices, which are going up."

A report from the Institute for Supply Management showed manufacturing activity grew briskly in April. The group's manufacturing index jumped to 57.3 in April, from 55.2 in March, the strongest showing in six months.

The report also showed the prices are rising not only for energy but also for other commodities, such as aluminum and copper.

In a second report, the Com-

merce Department said total construction spending in March climbed to \$1.199 trillion, on an annualized basis, surpassing the previous record high set in February.

In another report from the department, consumer spending rose 0.6 percent in March, an improvement from February's 0.2 percent increase. Consumer spending plays a key role in shaping overall economic activity.

Incomes, the fuel for future spending, advanced 0.8 percent in March. That was up from a 0.3 percent increase in February and the largest gain since September. (AP)

## Google Takes Aim at New IE Browser

Settings said to heavily favor MSN search tool

SEATTLE | Google Inc. is hoping to pressure Microsoft Corp. into changing a new Internet Explorer browser feature that could direct more people to Microsoft's online search engine instead of Google's far more popular offering.

Google has informally complained to U.S. and European anti-trust regulators about what it says are biased settings on Microsoft's latest Web browser, marking the lat-

est spat between two companies.

Google regards Microsoft as the biggest threat to its continued success, and Microsoft has conceded that Google is a formidable competitor as well.

The next version of Internet Explorer, available now in test form, includes a box in the corner that lets people perform an Internet search without going to a separate Web page, much like what is avail-

able from Google's downloadable "toolbar."

Users who download IE 7 will be assigned a search engine preference based on the AutoSearch function from the previous version of IE, which is likely to be MSN Search. Google says it is concerned that Microsoft's own search engine is getting favored treatment, and said research it has sponsored shows that it's difficult to change the settings in the new browser to a rival search engine. ALLISON LINN (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Aviall	46.96	+9.26	+24.6
Aramark	33.90	+5.79	+20.6
AlonUSA n	30.68	+3.85	+14.3
NovaChem	33.25	+3.59	+12.1
AGCO	26.31	+2.64	+11.2

#### Losers

SeaCntA lf	5.26	-1.76	-25.1
SeaCntB lf	5.22	-1.53	-22.7
ProQuest lf	12.31	-3.39	-21.6
CBOT n	96.75	-9.20	-8.7
Fedders h	2.47	-.20	-7.5

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.75	7.75
Fed Funds close	4.8125	4.75
3-month disc	4.69	4.64
2-year	4.95	4.88
10-year	5.14	4.98
30-year	5.23	5.06

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
LeadBrnds	3.82	+1.07	+38.9
BluDolp	6.60	+1.13	+20.7
NatlCoal	11.20	+1.88	+20.2
GigaMed	9.72	+1.45	+17.5
NaturlAlt	9.93	+1.48	+17.5

#### Losers

Lasrscp	20.71	-3.05	-12.8
Chindex	11.12	-1.36	-10.9
Taitron	2.17	-.26	-10.7
NBrunS	8.96	-1.05	-10.5
HlthGrds n	3.30	-.37	-10.1

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5481	.5490	.5245
Canadian Dollar	1.1138	1.1165	1.2595
European Euro	.7946	.7928	.7774
Japanese Yen	113.48	113.73	104.83
Mexican Peso	11.0550	11.0600	11.0450
Taiwanese Dollar	31.86	31.85	31.15

DOW	NASDAQ	S&P 500
-23.85	-17.78	-5.42
-0.21	-0.77	-0.41
11343.29	2304.79	1305.19

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	66.86	-.84	-15.2
Amylin	42.33	-1.22	+6.0
BiogenIdc	45.43	+.58	+.3
Celgene s	41.82	-.34	+29.1
ChRvLab	46.22	-1.03	+9.1
GenProbe	52.05	-1.42	+6.7
Genentch	78.22	-1.49	-15.4
Genzyme	59.42	-1.74	-16.0
GileadSci	57.89	+.39	+10.1
Imclone	35.90	-.20	+4.8
Invitrogn	65.78	-.23	-1.3
MedImm	31.19	-.28	-10.9
MillPhar	8.99	-.09	-7.3
PDL Bio	28.12	-.66	-1.1
VertexPh	35.65	-.72	+28.8

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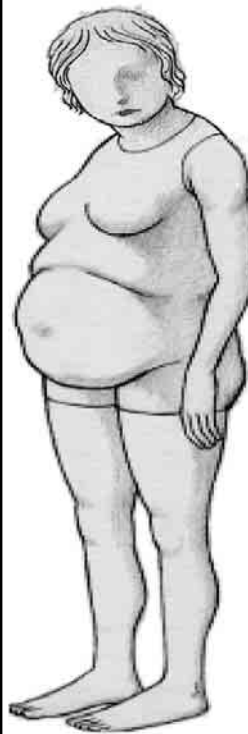
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If you are unable to attend the meeting, you may e-mail your resume and biography to [lriley@nvcc.edu](mailto:lriley@nvcc.edu).



## Local

**WAIT AND SEE:** The planned opening of the Capitol visitor center, already more than a year behind schedule, might be pushed back again due to holdups on major safety systems and other unknowns, according to a government watchdog agency.



# Boycott Hits Some Area Businesses

Impact in D.C. region not widespread, but construction affected

WASHINGTON | Area businesses that rely heavily on immigrant workers scrambled to serve their customers Monday, as employees took the day off to show how critical they are to the nation's economy.

Organizers of a national boycott urged people to stay home from work and school, and to avoid shopping. Though the boycott did not appear to be widespread in the Washington region, some businesses — particularly construction companies — noticed the effects.

Harry Martinez, an immigrant from El Salvador, said he chose to stay home on the first day of a new construction job in an effort to convince U.S. lawmakers that cracking down on those who enter the U.S. illegally could derail key American businesses.

"The Latino community is a basic part of the economy. That's the point," he said.

Up to 75 percent of the employees at Manganaro MidAtlantic are immigrants. There was very little activity Monday at many of the concrete and masonry company's work sites.



Ethiopian immigrant Geze holds her national flag at Malcom X Park on International Workers' Day on Monday in Washington, as immigrants staged a one-day strike and boycott of schools and businesses to demand legal status for immigrant workers.

The firm's hourly employees were allowed to draw on their vacation and personal time if they chose, with the option of making up the time later.

"I would expect we'll be very busy next Saturday," said John Livingston, a business developer for Manganaro.

A spokeswoman with the Hotel Association of Washington said hotel managers have done as much as possible to allow their employees to participate in Monday's demonstrations.

"There have been a lot of schedule changes, but we haven't heard any reports of managers not being able

to run their businesses or take care of guests," said Liz DeBarros.

At T.C. Williams High School in Alexandria, officials noted high absentee rates, especially in English-as-a-second-language classes.

"They're down about 50 percent," said Alexandria schools spokeswoman Amy Carlini. DERRILL HOLLY (AP)

## Jury Pool Questioned On Sniper

Most summoned to serve say they think Muhammad's guilty

ROCKVILLE, MD. | Prosecutors and John Allen Muhammad began questioning possible jurors for his Maryland murder trial for six 2002 Washington-area sniper shootings, but it was hard to find anyone who didn't already believe he was responsible for the crimes.

About 25 prospective jurors out of a pool of 300 came in front of the Montgomery Circuit Court on Monday as Muhammad's trial began. Almost all said they had formed an opinion about the case.

They cited the heavy media coverage from the October 2002 shootings, their children being forced to stay inside at school, and the fear the random killing spree sowed in the community. One cited the images he saw of Muhammad from his first trial in Virginia, which led to a death sentence for Muhammad.

"It happened right around my old job, right around my house," said Quinn McCreary, 24, who was excused. STEPHEN MANNING (AP)

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## In Brief

### WASHINGTON Ex-Driver for AU President Says He Exposed Spending

A former personal driver for ousted American University president Benjamin Ladner claims he wrote the letter that sparked an audit into Ladner's lavish spending. Reginald

Green mailed copies of the letter signed "an employee" to university trustees last March, after being fired by Ladner. The letter claimed that Ladner and his wife used university money for what appeared to be personal expenses. (AP)

### WASHINGTON Congressmen Want Faster Review of I-66 Improvement

Lawmakers are trying to expedite a federal review of planned improvements to ease gridlock along Interstate 66 in northern Virginia. Construction of improvements is not slated to begin until November of 2009 on the spot improvements inside the Capital Beltway. But Congressmen Tom Davis and Frank Wolf say the problems are urgent and a speedier review by the federal Department of Transportation is needed. (AP)

## The Lotteries

Monday, May 1

DISTRICT	
Mid-day Lucky Numbers	3-8-9
Evening Lucky Numbers	8-7-1
Mid-day DC 4	1-2-7-0
Evening DC 4	4-1-7-7

Rolling Cash Five  
Daily 6

30-17-33-28-6  
16-3-38-27-7-3 (25)

### MARYLAND

Mid-day Pick 3	6-0-5
Evening Pick 3	7-7-3
Mid-day Pick 4	4-2-0-8
Evening Pick 4	5-7-6-8
Match 5	2-11-22-27-32 (24)

### VIRGINIA

Mid-day Pick 3	8-0-5
Mid-day Pick 4	0-9-2-6
Mid-day Cash 5	9-10-15-17-29

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.





**IS NOTHING SACRED?** Hollywood's voracious appetite for remakes continues unabated: The popular 1984 comedy "Revenge of the Nerds," will be updated by director Kyle Newman and writer Adam Goldman, CNN reported yesterday.

## Entertainment

# Albarn: End of 'Days'

## The minds behind the experimental 'group' Gorillaz call it a day

**THREATS** | Pay no attention to the man behind the curtain. That's the premise behind Gorillaz, the "virtual band" made up of four cartoon characters created and controlled by musician Damon Albarn and illustrator Jamie Hewlett.

Gorillaz seemed like a little novelty project when the Englishmen came up with the idea six years ago, but after selling more than 4 million albums, the duo have instead invented a new way to present a successful rock act.

One can see the appeal for the 38-year-old Albarn. The singer and songwriter led the band Blur to the pinnacle of British rock in the '90s, but the group bogged down in personal tensions and he began looking for a new outlet for his diverse musical interests. He enjoyed brainstorming with his friend Hewlett, who's famous in the comics world as the creator of "Tank Girl."

Their initial ideas resulted in four feisty pen-and-ink characters with a distinctive funk-rock-rap musical output and elaborate videos and Web sites.

"It's evidence that if you experiment you can be success-



**WOO HOO!** Many Gorillaz fans don't know the creator of the "band" that gave the world the hits "Song 2" and "Boys and Girls," and that's how Damon Albarn wants it.

ful," Albarn said.

Recent shows at New York's Apollo Theatre featured Albarn, a rock band, a string section, gospel choirs and some of the guest artists on their second LP, "Demon Days" — colorful figures such as Ike Turner and Dennis Hopper.

Though different from other Gorillaz tours (where the musicians remain hidden and the cartoon characters are projected on a screen), the shows sold out quickly — just like a similar staging last fall in England that was recently released on DVD.

These shows might be it for Gorillaz. Word had been circulated about an ambitious 2007 tour, but now that's off. "We don't feel it's going to work," said Albarn, who insisted that "Days" is the final Gorillaz album.

Other challenges beckon the duo. They're set to collaborate on an opera based on the Chinese legend of the Monkey King.

They're still planning at least one more Gorillaz project, an animated theatrical film. And maybe one more engagement for "Demon Days Live."

"It might be Las Vegas," Albarn said. "I think it would be a lovely end to it. Just blow up Las Vegas on the last night." RICHARD CROMELIN (LOS ANGELES TIMES)

## Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



INXS can take comfort in the fact that they are still way bigger than NOFX.

### INXS: Rock Star: Survivor

The Australian pub-rockers conquered the world with four smash singles in 1987, including "Need You Tonight" and "Devil Inside." Their singer's death-by-misadventure and their subsequent reality-show search for a replacement have kept them in the limelight.

*Constitution Hall, 1776 D St. NW; 7:30 p.m., \$45-\$75; 800-551-7328.*

### Cafe Scientifique: Eggheads & Cocktails

Drink and grill science-book authors at this edition of Café Scientifique. Writers on hand to include Kathy Sawyer, author of "The Rock From Mars," and Dr. Mike Meyer, lead scientist of Mars exploration at NASA, who will discuss the musical question, "Are We All Martians?" To which we say, "Zbbgynxt, my friend!"

*The Pour House, 319 Pennsylvania Ave. SE; 6 p.m., free; nsf.gov/events. (Capitol South/Eastern Market)*

### The Alphabetical Order: Three Men and a Lady

T.A.O. mixes it up nicely, going from pretty and delicate to raucous riffage faster than you can say "good alt-rock quartet."

*Black Cat, 1811 14th St. NW; 9 p.m., \$5, with the Omega Band; 202-667-7960. (U St.-Cardozo)*

### WHAT'S HAPPENING?

Please send press releases and photos to [expressevents@readexpress.com](mailto:expressevents@readexpress.com)

# Built to Spill Flies High

## Boise, Idaho's biggest band jam it out in an indie rock kind of way

**WINNING COMBINATIONS** | These days, it seems that the guitar solo isn't cool. Today's rock generally looks elsewhere for bravado, though there are exceptions.

Chief among the solo's standard-bearers is Built to Spill. Combining personal songwriting and intricate jams, the band has been pumping



**HIPPIES OR HIPSTERS?** The new BTS disc also draws from reggae and soul. Really.

out Neil Young-inspired guitar assaults for more than 14 years.

Though considered one of the

most popular "indie rock" bands, BTS — which earnestly covers "Free Bird" — straddles genres. They've

been called "a jam band for people who don't like jam bands" by the press.

What's most staggering about BTS (which has three guitarists) is the group's layered, interweaving parts, but that's only part of the story.

Singer-songwriter Doug Martsch's melodies and lyrics are also central. He turns smart, wry phrases — a skill still in evidence on their new disc, "You in Reverse," which has a looser feel than prior efforts.

"We did so much jamming and I wanted to retain that feel — even if something could have been played better," Martsch said. JAKE COYLE (AP)

## Entertainment



**JAMMIN' JAVA:** Starbucks—which, in addition to caffeinating our nation, also sold more than 3 million CDs last year—has hired the William Morris Agency to spot opportunities for the chain in the literary and film worlds as well.

# You've Been Warned

## A flu pandemic might look a lot like a new made-for-TV movie

**PLAGUES** | Bodies piling up so quickly it takes dump trucks to haul them away. Barbed wire to keep whole neighborhoods quarantined. It's Hollywood's version of bird flu, a blur of fact and fiction that some scientists are praising as a useful warning.

"Fatal Contact: Bird Flu in America," an ABC made-for-television movie, airs May 9, just as scientists are to begin testing of wild birds in Alaska that could herald the arrival of bird flu in North America. Scientists fear the bird

flu virus could evolve so it could be passed from human to human, sparking a global pandemic.

"We call this a plausible, worst-case scenario. This could actually happen. It may not be this bad but it could be this bad," said Diana Kerew, one of the movie's executive producers.

"Fatal Contact" begins in China, where—in the movie—the bird flu virus has mutated to the point where it's being passed human to human. It's only when an infected American businessman—"patient zero"—prepares to catch a flight out of Hong Kong that the global pandemic really gets started. Playing supporting roles are a wadded-up cocktail napkin, a



**THEY'VE COME TO SNUFF THE ROOSTER:** Given the government's emergency-response history, dramatic warnings about the avian flu are probably quite helpful.

stuffed olive and less-than-sterile martini.

Dr. Bruce Gellin, director of the National Vaccine Program office, praised the movie's timeliness in raising public awareness of bird flu, as well as its portrayal of "a number of potentially realistic scenarios." Those include the limited availability of antiviral medicines and how the United States could be dependent on other countries to provide vaccine. The movie's stressing of the importance of planning also won kudos from the department.

The filmmakers even brought in historian John Barry, author of "The Great Influenza: The Epic Story of the Deadliest Plague in History," to review the script. Barry said his involvement was much more limited than ABC has suggested. He did, however, dissuade them from showing the Centers for Disease Control and Prevention as having its own fleet of jets. ANDREW BRIDGES (AP)

## It Reeks, But on Purpose

### Japanese company takes a chance on smelly new movies

**WORTH A TRY** | Exiting a bad movie with their noses wrinkled, people will say, "Whew, that stunk!" or "Man, did that reek!" One-word reviews include "rotten," "offensive," "garbage," "putrid" and "P.U."

Now, a telecommunications company is adding actual aromas to a movie. A revival of an old idea that failed the smell test 46 years ago, the latest version of scented cinema is being piped into Japanese theaters to accompany showings of "The New World."

Audiences in Tokyo and Osaka will whiff flowers while characters make love, and peppermint and rosemary during a sad scene. A mix of orange and grapefruit will convey joy, while a concoction with a hint of eucalyptus and tea tree



What's that smell? It's Colin Farrell, star of "The New World," of course.

accompanies anger.

Disney World also has entered the "smellertainment" arena with two films showing at Magic Kingdom in Florida. Scents piped to the audience in "Mickey's PhilharMagic" include apple pie, while a belch in "Stitch's Great Escape" is accompanied by the odor of partially digested chili dog.

On the question of whether fragrant flicks will take hold in the U.S., Criterion Cinemas theater group manager Joe Masher quickly answered, "No."

"It's one of the '60s gimmicks," he said. "And you'll get a crowd of people to experience it once." **JESSE LEAVENWORTH (THE HARTFORD COURANT)**

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 ICE AGE 2: THE MELTDOWN (PG) DIG (1205 220 445) 705 940  
 INSIDE MAN (R) - ID REQ'D DIG (120 430) 735 1035  
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 STICK IT (PG-13) DIG (1200 220 445) 720 1000  
 KEELAH AND THE BEE (PG) DIG (130 430) 730 1015  
 SCARY MOVIE 4 (PG-13) DIG (235 455) 710 740 925 955  
 FRIENDS WITH MONEY (R) - ID REQ'D DIG (145 220 410 440) 655 725 915 945  
 BENCHWARMERS (PG-13) DIG (105 315 530) 800 1025  
 ICE AGE 2: THE MELTDOWN (PG) DIG (210 245 435 510) 700 930  
 THANK YOU FOR SMOKING (R) - ID REQ'D DIG (140 435) 715 955  
 V FOR VENDETTA (R) - ID REQ'D DIG (400) 1010  
 FAILURE TO LAUNCH (PG-13) DIG (250 520) 750 1020  
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 THE SENTINEL (PG-13) DIG (140 435) 715 955  
 SCARY MOVIE 4 (PG-13) DIG (105 315) 655 925  
 ICE AGE 2: THE MELTDOWN (PG) DIG (200 450) 740 1005  
 KEELAH AND THE BEE (PG) DIG (120 420) 720 1020  
 THE WILD (G) DIG (150 440) 710 935  
 SILENT HILL (R) - ID REQ'D DIG (145 400 445) 745 1000 1045  
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 STICK IT (PG-13) DIG (125 355) 735 1000  
 KEELAH AND THE BEE (PG) DIG (115 335) 725 945  
 SCARY MOVIE 4 (PG-13) DIG (105 345) 720 1005  
 THE SENTINEL (PG-13) DIG (1255 330) 715 955  
 SILENT HILL (R) - ID REQ'D DIG (100 350) 650 940  
 TAKE THE LEAD (PG-13) DIG (130 410) 715  
 SCARY MOVIE 4 (PG-13) DIG (135 405) 705 935  
 TAKE THE LEAD (PG-13) DIG 930  
 ICE AGE 2: THE MELTDOWN (PG) DIG (110 415) 655 920  
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 UNITED 93 (R) - ID REQ'D DIG (215 500) 750 1030  
 KEELAH AND THE BEE (PG) DIG (130 200 415 445) 700 730 945 1015  
 RV (PG) DIG (1150 220 450) 720 950  
 STICK IT (PG-13) DIG (1200 235 510) 740 1010  
 THE SENTINEL (PG-13) DIG (1145 155 225 435 505) 715 745 955 1025  
 SILENT HILL (R) - ID REQ'D DIG (130 230 420 520) 710 810 1005  
 PREACHING TO THE CHAIR (PG-13) DIG (455) 1035  
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 LUCKY NUMBER SLEVIN (R) - ID REQ'D DIG (1215 250 525) 800 1035  
 BENCHWARMERS (PG-13) DIG (1155 210 430) 650 910  
 TAKE THE LEAD (PG-13) DIG (150) 735  
 ICE AGE 2: THE MELTDOWN (PG) DIG (130 400) 645 905  
 INSIDE MAN (R) - ID REQ'D DIG (140 440) 805  
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 UNITED 93 (R) - ID REQ'D DIG (145 445) 745 1030  
 STICK IT (PG-13) DIG (1250 415) 725 945  
 KEELAH AND THE BEE (PG) DIG (1220 200 300 430 530) 740 840 1020  
 KEELAH AND THE BEE (PG) DIG (140 440) 720 950  
 THE SENTINEL (PG-13) DIG (1200 130 245 415 525) 730 830 1015  
 SILENT HILL (R) - ID REQ'D DIG (100 220 400 520) 710 820 1010  
 AMERICAN DREAMZ (PG-13) DIG (1245 345) 655 945  
 SCARY MOVIE 4 - DIGITAL PROJECTION (PG-13) DIG (1210 240 510) 810 1030  
 THE WILD (G) DIG (1140 210 450) 715 940  
 SCARY MOVIE 4 (PG-13) DIG 910  
 FRIENDS WITH MONEY (R) - ID REQ'D DIG (1150 230 500) 750 1005  
 BENCHWARMERS (PG-13) DIG (115 340) 645 900  
 TAKE THE LEAD (PG-13) DIG (1230 310) 630 920  
 ICE AGE 2: THE MELTDOWN (PG) DIG (1130 120 150 350 420) 620 700 950  
 INSIDE MAN (R) - ID REQ'D DIG (410) 1000  
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 UNITED 93 (R) - ID REQ'D DIG (1250 405) 725 1025  
 RV (PG) DIG (1200 225 500) 735 1005  
 KEELAH AND THE BEE (PG) DIG (1240 355) 720 1020  
 THE SENTINEL (PG-13) DIG (1245 400) 750 1030  
 SILENT HILL (R) - ID REQ'D DIG (1235 350) 715 1015  
 AMERICAN DREAMZ (PG-13) DIG (345) 955  
 THE WILD (G) DIG (1205 230 450) 705 935  
 SCARY MOVIE 4 (PG-13) DIG (1215 240 455) 710 940  
 FRIENDS WITH MONEY (R) - ID REQ'D DIG (1220) 1000  
 ICE AGE 2: THE MELTDOWN (PG) DIG (1210 235 505) 730 950  
 INSIDE MAN (R) - ID REQ'D DIG (1230) 700  
 THANK YOU FOR SMOKING (R) - ID REQ'D DIG (1225 250 515) 745 1010  
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 UNITED 93 (R) - ID REQ'D DIG (155 440) 735 1020  
 KEELAH AND THE BEE (PG) DIG (150 435) 725 1005  
 THE SENTINEL (PG-13) DIG (120 200 400 430) 655 730 935 1010  
 SILENT HILL (R) - ID REQ'D DIG (100 130 350 420) 645 720 940 1015  
 SCARY MOVIE 4 (PG-13) DIG (110 320 530) 750 1000  
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**Adv. Tix on Sale THE DA VINCI CODE (PG-13) ★**  
 UNITED 93 (R) - ID REQ'D DIG (130 445) 730 1020  
 RV (PG) DIG (1205 235 500) 730 1000  
 KEELAH AND THE BEE (PG) DIG (120 410) 710 950  
 THE SENTINEL (PG-13) DIG (130 420) 745 1030  
 THE SENTINEL (PG-13) DIG (1250 400) 740 1020  
 SILENT HILL (R) - ID REQ'D DIG (110 420) 720 1010  
 ICE AGE 2: THE MELTDOWN (PG) DIG (1200 220 440) 700 935  
 THE WILD (G) DIG (1200 215 430) 720 935  
 AMERICAN DREAMZ (PG-13) DIG (1220 310) 740 1010  
 SCARY MOVIE 4 (PG-13) DIG (1210 220 430) 645 920  
 FRIENDS WITH MONEY (R) - ID REQ'D DIG (1215 300 510) 750 1005  
 BENCHWARMERS (PG-13) DIG (1245 345) 650 930  
 TAKE THE LEAD (PG-13) DIG (1230 330) 715 1015  
 INSIDE MAN (R) - ID REQ'D DIG (115 415) 715 1015

### UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#  
**Adv. Tix on Sale MISSION IMPOSSIBLE 3 (PG-13) ★**  
**Adv. Tix on Sale HOOT (PG) ★**  
**Adv. Tix on Sale POSEIDON (PG-13) ★**  
**Adv. Tix on Sale THE DA VINCI CODE (PG-13) ★**  
 UNITED 93 (R) - ID REQ'D DIG (1230 330) 720 1020  
 STICK IT (PG-13) DIG (115 445) 730 1000  
 RV (PG) DIG (100 430) 740 1010  
 KEELAH AND THE BEE (PG) DIG (1245 415) 730 1015  
 THE SENTINEL (PG-13) DIG (100) 700  
 SILENT HILL (R) - ID REQ'D DIG (1230 130 345 445) 720 815 1010  
 AMERICAN DREAMZ (PG-13) DIG (115 345) 645  
 THE WILD (G) DIG (145 415) 700 915  
 SCARY MOVIE 4 (PG-13) DIG (145 500) 815 1020  
 FRIENDS WITH MONEY (R) - ID REQ'D DIG (200 500) 740 1000  
 BENCHWARMERS (PG-13) DIG (200 515) 800 1015  
 TAKE THE LEAD (PG-13) DIG 940  
 ICE AGE 2: THE MELTDOWN (PG) DIG (130 430) 715 950  
 INSIDE MAN (R) - ID REQ'D DIG (1245 400) 645 940

### MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#  
**Adv. Tix on Sale MISSION IMPOSSIBLE 3 (PG-13) ★**  
**Adv. Tix on Sale HOOT (PG) ★**  
**Adv. Tix on Sale POSEIDON (PG-13) ★**  
**Adv. Tix on Sale THE DA VINCI CODE (PG-13) ★**  
 UNITED 93 (R) - ID REQ'D DIG (1245 335) 730 1010  
 STICK IT (PG-13) DIG (100 345) 745 1020  
 RV (PG) DIG (1145 205 425) 740 1000  
 KEELAH AND THE BEE (PG) DIG (105 400) 720 955  
 THE SENTINEL (PG-13) DIG (1230 305) 705 945  
 SILENT HILL (R) - ID REQ'D DIG (1215 1255 310 350) 640 710 930 955  
 AMERICAN DREAMZ (PG-13) DIG (1235 320) 645 925  
 THE WILD (G) DIG (1130 150 410) 725  
 SCARY MOVIE 4 (PG-13) DIG (1155 215 435) 805 935 1015  
 FRIENDS WITH MONEY (R) - ID REQ'D DIG (1200 220 440) 700 930  
 BENCHWARMERS (PG-13) DIG (1210 230 445) 755 1000  
 TAKE THE LEAD (PG-13) DIG (325) 940  
 ICE AGE 2: THE MELTDOWN (PG) DIG (1135 155 415) 700 915  
 INSIDE MAN (R) - ID REQ'D DIG (1225) 650

Times For 5/2/06 Daily Bargain Matinees In ( )

OC = Open Captioned DA = Descriptive Audio Available

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CC - Closed Captioning · DV - Descriptive Video Service · OC - Open Captioning

### AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

**AKEELAH AND THE BEE (PG)** ✓ 1:15, 4:10, 7:00, 9:40  
**RV (PG)** ✓ 12:30, 2:10, 3:15, 4:45, 5:50, 7:15, 8:30, 9:50  
**STICK IT (PG13)** ✓ 1:45, 4:20, 7:00, 9:45  
**UNITED 93 (R)** ✓ 2:20, 5:10, 8:00  
**AMERICAN DREAMZ (PG13)** 11:50, 2:25, 5:00, 7:50, 10:35  
**FRIENDS WITH MONEY (R)** 12:50, 3:10, 5:35, 7:55, 10:20  
**THE SENTINEL (PG13)** 1:40, 2:40, 4:15, 5:25, 7:10, 8:10, 9:55, 11:00  
**THE SENTINEL (PG13)** CC 2:40, 5:25, 8:10, 11:00  
**SILENT HILL (R)** 1:30, 2:30, 4:30, 5:15, 7:30, 8:15, 10:30  
**SCARY MOVIE 4 (PG13)** 12:00, 1:00, 2:10, 3:10, 4:20, 5:20, 6:40, 7:45, 10:15  
**THE WILD (G)** 12:35, 2:55, 5:05, 7:20, 9:35  
**THE BENCHWARMERS (PG13)** 12:20, 2:40, 5:20, 8:05, 10:10  
**LUCKY NUMBER SLEVIN (R)** 12:10, 2:50, 5:40, 8:25  
**PHAT GIRLZ (PG13)** 7:35, 10:00  
**TAKE THE LEAD (PG13)** 1:55, 4:40, 7:40, 10:35  
**ATL (PG13)** 9:05 PM  
**ICE AGE: THE MELTDOWN (PG)** 12:45, 1:20, 3:00, 3:40, 5:25, 6:15, 8:20, 10:40  
**INSIDE MAN (R)** 12:55, 4:05, 7:05, 10:05  
**THANK YOU FOR SMOKING (R)** 2:05, 4:25, 6:55, 9:30  
**V FOR VENDETTA (R)** 12:05, 5:30  
**FAILURE TO LAUNCH (PG13)** 3:05, 8:30

### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

**AKEELAH AND THE BEE (PG)** 2:00, 4:30, 8:20  
**RV (PG)** 1:30, 4:00, 6:20, 8:30  
**STICK IT (PG13)** 1:50, 4:45, 7:50  
**UNITED 93 (R)** 4:50, 8:10  
**THE SENTINEL (PG13)** 5:10, 8:00  
**SILENT HILL (R)** 4:30, 7:40  
**SCARY MOVIE 4 (PG13)** 5:20, 8:45  
**THE WILD (G)** 4:50, 7:30  
**THE BENCHWARMERS (PG13)** 5:00, 8:20  
**ICE AGE: THE MELTDOWN (PG)** 1:40, 4:10, 6:30, 8:45

### AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

**AKEELAH AND THE BEE (PG)** ✓ 2:00, 4:40, 7:20, 9:55  
**THE SENTINEL (PG13)** 2:35, 5:10, 7:45, 10:15  
**SILENT HILL (R)** 2:00, 4:40, 7:25, 10:10  
**SCARY MOVIE 4 (PG13)** 3:10, 5:20, 7:30, 9:35  
**LUCKY NUMBER SLEVIN (R)** 2:15, 4:45, 7:15, 9:45  
**ICE AGE: THE MELTDOWN (PG)** 2:45, 5:00, 7:15, 9:30  
**ICE AGE: THE MELTDOWN (PG)** CC 2:45, 5:00, 7:15, 9:30  
**INSIDE MAN (R)** 2:10, 5:10, 8:10

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441 821

**AKEELAH AND THE BEE (PG)** ✓ 11:00, 2:25, 5:10, 7:50, 10:40  
**RV (PG)** ✓ 2:05, 4:40, 7:10, 9:40  
**UNITED 93 (R)** ✓ 1:30, 4:25, 7:20, 10:20  
**AMERICAN DREAMZ (PG13)** 1:45, 4:20, 7:00, 9:45  
**FRIENDS WITH MONEY (R)** 12:45, 2:50, 5:05, 7:25, 9:50  
**THE SENTINEL (PG13)** 1:40, 4:20, 7:00, 9:40  
**SILENT HILL (R)** 1:20, 4:35, 7:30, 10:35  
**KINKY BOOTS (PG13)** 2:45, 5:20, 8:00, 10:45  
**SCARY MOVIE 4 (PG13)** 1:50, 4:05, 6:15, 8:20, 10:30  
**SCARY MOVIE 4 (PG13)** CC 1:50, 4:05, 6:15, 8:20, 10:30  
**LUCKY NUMBER SLEVIN (R)** 2:10, 4:55, 10:25  
**ICE AGE: THE MELTDOWN (PG)** 2:15, 4:30, 6:50, 9:15  
**INSIDE MAN (R)** 1:10, 4:10, 7:15, 10:25  
**THANK YOU FOR SMOKING (R)** 12:50, 2:00, 3:00, 4:15, 5:15, 6:45, 7:45, 9:20, 10:15

### LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.  
202-244-0882 714

**RV (PG)** 2:10, 4:35, 7:10  
**STICK IT (PG13)** 1:50, 4:25, 7:05  
**UNITED 93 (R)** 1:40, 4:20, 7:00  
**THE WILD (G)** 1:55, 4:10, 6:50  
**TAKE THE LEAD (PG13)** 1:45, 4:15  
**FAILURE TO LAUNCH (PG13)** 2:00, 4:30, 7:15

### LOEWS WHITE FLINT 5

North Bethesda  
310-423-1014 741

**AKEELAH AND THE BEE (PG)** 2:20, 4:45, 7:30  
**AMERICAN DREAMZ (PG13)** 2:05, 4:35, 7:00  
**THE SENTINEL (PG13)** 2:10, 5:00, 7:35  
**ICE AGE: THE MELTDOWN (PG)** 2:15, 4:30, 7:10  
**INSIDE MAN (R)** 2:00, 4:50, 7:40

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

**AKEELAH AND THE BEE (PG)** ✓ 1:55, 4:30, 7:25, 10:00  
**RV (PG)** ✓ 1:50, 3:00, 4:25, 5:35, 7:00, 8:15, 9:25  
**STICK IT (PG13)** ✓ 1:25, 4:15, 7:20, 9:45  
**UNITED 93 (R)** ✓ 1:15, 4:10, 7:05, 9:45  
**AMERICAN DREAMZ (PG13)** 2:05, 4:35, 7:15, 9:40  
**FRIENDS WITH MONEY (R)** 2:10, 4:45, 7:20, 9:30  
**THE SENTINEL (PG13)** 1:45, 4:20, 7:25, 9:50  
**SILENT HILL (R)** 1:20, 2:00, 4:05, 4:55, 7:10, 8:00, 9:55  
**SCARY MOVIE 4 (PG13)** 1:30, 2:40, 3:45, 5:00, 5:55, 7:35, 8:25, 9:35  
**SCARY MOVIE 4 (PG13)** CC 2:40, 5:00, 7:35, 9:35  
**THE WILD (G)** 1:35, 4:40, 7:05, 9:20  
**THE BENCHWARMERS (PG13)** 1:05, 3:05, 5:10, 7:40, 9:50  
**TAKE THE LEAD (PG13)** 1:40, 4:30, 7:10, 9:55  
**ICE AGE: THE MELTDOWN (PG)** 1:00, 2:15, 3:15, 4:50, 5:25, 7:30, 9:40  
**INSIDE MAN (R)** 1:10, 4:05, 7:00, 10:00  
**FAILURE TO LAUNCH (PG13)** 7:15, 9:30

### AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

**AKEELAH AND THE BEE (PG)** ✓ 5:10, 7:45  
**RV (PG)** ✓ 4:30, 7:10  
**UNITED 93 (R)** ✓ 5:10, 8:10  
**THE SENTINEL (PG13)** 5:25, 8:30  
**SILENT HILL (R)** 5:00, 7:50  
**SCARY MOVIE 4 (PG13)** 4:50, 5:40, 7:20, 8:00  
**THE WILD (G)** 4:30, 7:00  
**PHAT GIRLZ (PG13)** 5:50, 8:20  
**TAKE THE LEAD (PG13)** 5:20, 8:15  
**ATL (PG13)** 5:30, 8:20  
**ICE AGE: THE MELTDOWN (PG)** 4:45, 7:30

### AMC UNION STATION 9

Located at Union Station  
703-998-4AMC

**AKEELAH AND THE BEE (PG)** ✓ 2:05, 4:40, 7:20  
**RV (PG)** ✓ 2:40, 5:50, 8:10  
**STICK IT (PG13)** ✓ 2:00, 4:30, 8:15  
**UNITED 93 (R)** ✓ 2:20, 4:50, 7:40  
**THE SENTINEL (PG13)** 2:15, 5:00, 7:45  
**SILENT HILL (R)** 2:10, 4:45, 7:35  
**SCARY MOVIE 4 (PG13)** 2:45, 5:10, 8:05  
**THE WILD (G)** 2:30, 4:35, 7:30  
**ICE AGE: THE MELTDOWN (PG)** 2:35, 5:30, 7:50

### AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.  
703-998-4AMC

**RV (PG)** ✓ 5:40, 7:50  
**UNITED 93 (R)** ✓ 5:30, 8:10  
**THE SENTINEL (PG13)** 5:10, 8:10  
**SILENT HILL (R)** 5:20, 8:00  
**SCARY MOVIE 4 (PG13)** 5:50, 8:00  
**ICE AGE: THE MELTDOWN (PG)** 5:20, 7:50

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220 844

**AKEELAH AND THE BEE (PG)** 12:30, 2:00, 3:00, 4:30, 5:30, 7:00, 8:00, 9:30, 10:30  
**RV (PG)** 2:30, 5:05, 7:30, 10:00  
**UNITED 93 (R)** 1:50, 5:00, 7:50, 10:45  
**THE SENTINEL (PG13)** 3:15, 5:45, 8:15, 10:40  
**SILENT HILL (R)** 1:25, 4:25, 7:25, 10:10  
**PREACHING TO THE CHOIR (PG13)** 5:40, 10:25  
**SCARY MOVIE 4 (PG13)** 2:40, 4:50, 7:10, 9:20  
**THE WILD (G)** 2:15, 4:45, 7:15, 9:45  
**PHAT GIRLZ (PG13)** 1:00, 3:20, 5:50, 8:20, 10:35  
**ATL (PG13)** 3:10, 8:10  
**ICE AGE: THE MELTDOWN (PG)** 2:20, 4:55, 7:20, 9:50  
**ICE AGE: THE MELTDOWN (PG)** CC 2:20, 4:55, 7:20, 9:50  
**INSIDE MAN (R)** 1:05, 4:05, 7:05, 10:05

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

**AMERICAN DREAMZ (PG13)** 1:10, 3:40, 7:50, 10:00  
**FRIENDS WITH MONEY (R)** 1:30, 3:30, 7:40, 9:50  
**HARD CANDY (R)** 1:20, 4:50, 7:20, 9:40  
**ON A CLEAR DAY (PG13)** 2:00, 7:30  
**MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13)** 1:40, 4:10, 7:10, 9:30  
**L'ENFANT (R)** 1:00, 3:50, 7:00, 9:10  
**THANK YOU FOR SMOKING (R)** 1:50, 4:30, 7:00, 9:00  
**TSOTSI (R)** 4:20, 9:50

### LOEWS DUPONT 5

1350 19th St.  
202-872-9555 711

**KINKY BOOTS (PG13)** 3:00, 5:50, 8:10  
**MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13)** 2:15, 5:45, 7:50  
**L'ENFANT (R)** 2:30, 5:15, 8:00  
**WHY WE FIGHT (PG13)** 5:30  
**BROKEBACK MOUNTAIN (R)** 2:45, 7:45  
**CAPOTE (R)** 2:00, 5:00, 7:30

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

**AKEELAH AND THE BEE (PG)** ✓ 12:00, 2:40, 5:20, 7:55, 10:25  
**RV (PG)** ✓ 12:00, 2:30, 5:05, 7:35, 9:55  
**STICK IT (PG13)** ✓ 12:05, 2:40, 5:15, 7:50, 10:20  
**UNITED 93 (R)** ✓ 1:20, 4:20, 7:20, 10:15  
**FRIENDS WITH MONEY (R)** 12:25, 2:35, 4:50, 7:05, 9:20  
**THE SENTINEL (PG13)** 12:20, 1:40, 3:00, 4:15, 5:25, 6:45, 8:05, 9:15, 10:30  
**THE SENTINEL (PG13)** CC 1:40, 4:15, 6:45, 9:15  
**SILENT HILL (R)** 12:10, 1:25, 2:55, 4:25, 5:45, 7:20, 8:30, 10:10  
**SCARY MOVIE 4 (PG13)** 12:15, 2:25, 4:45, 7:00, 9:10  
**THE WILD (G)** 12:35, 2:45, 5:00, 7:15, 9:25  
**THE BENCHWARMERS (PG13)** 12:50, 3:10, 5:25, 7:40, 9:50  
**TAKE THE LEAD (PG13)** 1:30, 4:35, 7:25, 10:05  
**ICE AGE: THE MELTDOWN (PG)** 12:30, 2:50, 5:10, 7:30, 9:45  
**INSIDE MAN (R)** 1:10, 4:10, 7:10, 10:00  
**THANK YOU FOR SMOKING (R)** 12:05, 2:20, 4:40, 7:10, 9:30

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

**AKEELAH AND THE BEE (PG)** 2:20, 5:00, 7:40, 10:15  
**RV (PG)** 2:00, 4:30, 7:00, 9:30  
**STICK IT (PG13)** 1:55, 4:35, 7:10, 9:50  
**UNITED 93 (R)** 1:40, 4:25, 7:20, 10:05  
**AMERICAN DREAMZ (PG13)** 2:10, 4:45, 7:15, 9:55  
**FRIENDS WITH MONEY (R)** 12:55, 3:15, 5:35, 7:55, 10:10  
**THE SENTINEL (PG13)** 2:40, 5:20, 8:00, 10:30  
**SILENT HILL (R)** 1:00, 4:15, 7:30, 10:20  
**SILENT HILL (R)** CC 1:00, 4:15, 7:30, 10:20  
**SCARY MOVIE 4 (PG13)** 12:40, 2:45, 4:50, 7:05, 9:10  
**THE WILD (G)** 1:25, 3:40, 5:55, 8:15, 10:40  
**THE BENCHWARMERS (PG13)** 1:20, 3:30, 5:50, 8:25, 10:35  
**TAKE THE LEAD (PG13)** 4:55, 10:25  
**ICE AGE: THE MELTDOWN (PG)** 12:45, 3:05, 5:25, 7:45, 10:00  
**INSIDE MAN (R)** 1:50, 7:35  
**THANK YOU FOR SMOKING (R)** 12:30, 2:50, 5:05, 7:25, 9:45

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**RV (PG)** ✓ 2:20, 4:45, 7:30  
**AMERICAN DREAMZ (PG13)** 3:00, 5:45, 8:30  
**THE SENTINEL (PG13)** 2:40, 5:20, 7:50  
**SILENT HILL (R)** 2:15, 5:15, 8:15  
**THE WILD (G)** 2:30, 4:30, 7:05  
**TAKE THE LEAD (PG13)** 2:50, 5:30, 8:20  
**INSIDE MAN (R)** 2:00, 3:15, 5:00, 7:00, 8:00

### LOEWS WHEATON PLAZA 11

Viers Mill Rd. Btwn. Georgia & University  
901-949-9202 746

**AKEELAH AND THE BEE (PG)** ✓ 4:15, 7:20, 9:45  
**RV (PG)** ✓ 5:00, 7:20, 9:45  
**RV (PG)** CC ✓ 5:00, 7:20, 9:45  
**STICK IT (PG13)** ✓ 4:25, 7:30, 9:50  
**UNITED 93 (R)** ✓ 4:20, 7:00, 10:00  
**THE SENTINEL (PG13)** 4:30, 7:05, 9:35  
**SILENT HILL (R)** 4:35, 7:10, 10:10  
**SCARY MOVIE 4 (PG13)** 4:10, 7:15, 9:20  
**THE WILD (G)** 4:40, 8:00, 10:05  
**THE BENCHWARMERS (PG13)** 4:10, 7:30, 9:30  
**ICE AGE: THE MELTDOWN (PG)** 5:15, 7:40, 9:55  
**INSIDE MAN (R)** 4:05, 7:00, 10:00

### LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

**REEL MOMS**  
**FAILURE TO LAUNCH (PG13)** 11:00 AM  
**AMERICAN DREAMZ (PG13)** 2:15, 5:00, 7:30, 10:00  
**PREACHING TO THE CHOIR (PG13)** 7:05, 9:55  
**LUCKY NUMBER SLEVIN (R)** 2:20, 5:15, 7:45, 10:15  
**PHAT GIRLZ (PG13)** 7:00, 9:45  
**BASIC INSTINCT 2 (R)** 1:50, 4:55, 7:40, 10:05  
**SHE'S THE MAN (PG13)** 2:00, 4:30, 7:10, 9:30  
**V FOR VENDETTA (R)** 1:40, 4:25, 7:20, 10:10  
**FAILURE TO LAUNCH (PG13)** 2:10, 4:20, 7:15, 9:45  
**THE SHAGGY DOG (PG)** 1:45, 4:15  
**AQUAMARINE (PG)** 1:30, 4:05

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
202-966-5400 713

SCARY MOVIE 4 (PG13) 2:00

Times for Tuesday, May 2, 2006

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## Entertainment



**WOULD YOU?** Grunge rockers Alice in Chains are regrouping after singer Layne Staley's death in 2002. Fans can catch them in Boston (May 22) or in New York (May 23), but not in D.C. William Duvall, the Comes With the Fall vocalist, will front the band.

# News Not Real Enough

## TV newsmagazines are threatened by reality programming

**REGROUPING** | Broadcast network newsmagazines are at a low ebb — with likely even fewer hours on the air next season — and the popularity of reality television is chiefly to blame.

The struggle at newsmagazines to compete with this threat seems ultimately what's behind some stories that drew unwanted attention during the past month. "Dateline NBC" raised ethical questions by paying an outside organization to set up a sting operation for pedophiles. Its producers also angered NASCAR officials by trying to send "Muslim-looking" men to an auto race to illustrate a story about increased anti-Muslim sentiments.

Sawyer's April 21 "Primetime" featured a stepfamily so abusive



NBC News' Ann Curry with noted hard-newsmaker Angelina Jolie.

it seemed like "Supernanny" spun out of control, with tape of a father punching his teenage daughter. ABC was criticized for not alert-

ing authorities about the potentially dangerous behavior.

"60 Minutes" is the only newsmagazine to routinely draw more than 10 million viewers a week.

"Dateline NBC" will lose its Sunday edition during football season next fall. Its only other regularly scheduled episode was moved a few months ago to Saturday, broadcast television's dead zone.

There's a very real chance that either "Primetime" or "20/20" won't be included when ABC announces its fall schedule in two weeks.

"I think the audience feels that the real-life drama that was the bread-and-butter of magazine shows was supplanted by the artificial reality of reality television," said Susan Zirinsky, executive producer of "48 Hours Mystery" on CBS. "It's as if the audience is sated. A&E's 'Intervention,' 'Survivor,' 'Nanny 911,' they all have elements of humanity in a crisis point."

DAVID BAUDER (AP)



**THEY'VE GOT THE LOOK:** The members of Dir en Grey change up their styles.

# Universal Language

## The hottest new topic from Japan is the band Dir en Grey

**NEW FACES** | Before having released an album in America, Dir en Grey is causing a commotion here.

In March, the Japanese band ignited frenzied response with its first three U.S. shows — a showcase at the South by Southwest Music and Media Conference in Austin, Texas, and stops at Avalon in New York and the Wilton Theatre in Los Angeles, both of which sold out within hours of being announced online.

What's just as surprising as the rabid reception for Dir en Grey is that the Japanese-speaking band gained its audience without singing in English.

The band's music mixes pop elements with metal, incorporating lyrics that vocalist Kyo sings and screams. In Japan, the group members alternate their looks with the release of each single, switching between fluorescent hair color

and flamboyant apparel favored by visual "kei" bands (Japanese acts that use dramatic costumes and imagery) and more typical rock garb.

Through the underground, Dir en Grey has attracted Anglo teen and young adult fans who are knowledgeable of Japan's language and culture. The band also counts among its followers the Hot Topic crowd — the goth, industrial, alternative and metal enthusiasts who patronize the clothing/accessory/music chain's U.S. mall stores.

Hot Topic VP of music and marketing Cindy Levitt compares the band's onstage theatrics and shock element to Marilyn Manson, recalling she was surprised when Kyo began cutting himself during the performances.

The audience, she said, was ready for something new. "That's what was so fun and different about it, too, that's why we were so excited ... It's like, 'Oh my God, something fresh and new that looks good.'"

CHRISTA TITUS (BILLBOARD.COM)

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**RESPECT HIS AUTHORITY:** TV's Dog Whisperer Cesar Millan is a master at communicating with dumb beasts, but is he up to the challenge of ... Eric Cartman?! Millan comes to "South Park" Wednesday when Cartman's mom hires him to get through to the 2-D brat.

# Television

ON TV TONIGHT

**CHICKS EVERYWHERE CRY, EAT MORE BEN & JERRY'S**  
Bad news for **GILMORE GIRLS** (8 p.m., WB). Amy Sherman-Palladino and Dan Palladino, the creative force behind "Girls," have quit the series after a contract dispute with their studio.

**CAMERON CRIES, EATS ICE CREAM**  
Danger strikes close to home on **HOUSE**  
(9 p.m., Fox) as Dr. Foreman contracts  
a mysterious brain disease.

**RELIVE THE ROYAL WEDDING/  
MOLDAVIAN TERRORISM**  
Cast members reminisce on  
**DYNASTY REUNION: CATFIGHTS & CAVIAR**  
(10 p.m., CBS).

**WOW, US TOO!**  
Television viewers find Pepper unlikely on **PEPPER DENNIS** (9 p.m., WB).



**SOFT FOCUS:** Here's to alleged plastic surgery and Vaseline on the lens.

**CULT CHOICE**  
D.W. Griffith's 1915 Reconstruction  
epic **THE BIRTH OF A NATION** (8 p.m., TCM)  
marked a revolution in moviemaking,  
establishing a grammar of cinema that  
endures to this day. KEVIN MCDONOUGH  
(UNITED FEATURE SYNDICATE)

# Alternative Lives

**Bruce Parry once again ventures into very foreign terrain**

**SMALL WORLD** | In its second season, "Going Tribal" (10 p.m., Discovery) follows former Royal Marine Bruce Parry as he travels through Africa exploring some of the quickly disappearing tribal cultures, their ancient, adventurous traditions and dangerous rituals.

In tonight's episode, Barry returns to the Omo Valley in Ethiopia. After revisiting the Suri people featured in last season's "Tribal," he crosses the Valley to



**BULL'S BLOOD, MY FAVORITE!** Parry at home among the Nyangatom people.

spend time with the Nyangatom tribe, the Suri's arch rivals. Life in the Omo is difficult, and the Nyangatom have become a warrior culture with elaborate rites of sacrifice. Bruce immerses himself in their ways and dons warrior paint and costume to spear a bull and drink its clotted blood.

Next week, Bruce moves on to the more affluent Hamar people. Young Hamar men must prove their readiness for marriage by jumping naked over a number of parked cows. The ritual also involves the beating of the young man's female relatives. Bruce talks to an educated woman who refuses the whip. But the traditional Hamar women see the painful rite as a bond that keeps their family and tribe together. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

5:2.06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Outrageous	Scrubs	Scrubs	Teachers	Law & Order: Special Victims Unit	News	Tonight Show		
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	American Idol Finalists compete.	House	House	News		Geraldo at Large	Friends		
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy!	According to Jim	Hope & Faith	Hope & Faith	Boston Legal		News	(35) Nightline		
	WUSA 9	News	CBS News	9News Tonight	Ent. Tonight	NCIS	"Jeopardy" (TV)	The Unit	Dynasty Reunion: Calfights & Caviar		News	Late Show		
	WOCA 20	That '70s Show	That '70s Show	Friends	Every-Raymond	America's Next Top Model	Veronica Mars	Veronica Mars	The Tyra Banks Show		Girlfriends	Girlfriends		
	WMPT 22	The NewsHour With Jim Lehrer	Business Rpt.	Business Rpt.	Outdoors Md.	Nova	Texas Ranch House	Texas Ranch House	Texas Ranch House		Conquistadors	(DVS)		
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer	The NewsHour With Jim Lehrer	Texas Ranch House	The Cookie Crumbles; The Great Divide	This Old House	This Old House		Charlie Rose	Charlie Rose		
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery!	"The Murder Room"	Mixed Race	BBC World News		Tavis Smiley	Charlie Rose		
	WBDC 30	Steve Harvey	The Parkers	My Wife and Kids	Bernie Mac	Gilmore Girls	"Driving Miss Gilmore"	Pepper Dennis	Bernie Mac	My Wife and Kids	Sex and the City	Will & Grace		
NATIONWIDE	A&E	American Justice	"Mob Ladies"	Cold Case Files	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	King of Cars	King of Cars	Crossing Jordan			
	Animal	The Crocodile Hunter Diaries	The Most Extreme	"Eaters"	Ultimate Animals	Ultimate Animals	The Most Extreme	The Most Extreme	The Secret Life of Otters	The Secret Life of Otters	Ultimate Animals			
	BET	106 & Park: BET's Top 10 Live	BET.com Count	"Beef III" (2005) Personal conflicts between hip-hop artists.	Blow Out	Blow Out	Blow Out	Blow Out	Season of Tiger	College Hill	Jamie Foxx	Jamie Foxx		
	Bravo	Real Housewives of Orange County	Blow Out	Reno 911!	Reno 911!	Daily Show	Colbert Report	Chappelle's Show	South Park	Richard Pryor: I Ain't Dead Yet...	Daily Show	Colbert Report		
	Comedy	(5:00) ** "Men at Work" (1990)	Cops	Cops	Cops	Cops	Cops	Cops	The Investigators	Masterminds	Masterminds	Masterminds		
	Court	Forensic Files	Forensic Files	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Deadliest Catch	Going Tribal	"Return to Africa"	Dirty Jobs	"Sewer Inspector"		
	Discovery	Cash Cab	Cash Cab	Paramedics	"On the Edge"	Trauma: Life in the ER	"The Frontier"	Mystery Diagnosis	Mystery Diagnosis	Mystery Diagnosis	Mystery Diagnosis	Mystery Diagnosis		
	DISCH	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	*** "Stuart Little" (1999, Comedy) Geena Davis, Hugh Laurie.	American Drgn	Even Stevens	Zack & Cody	That's So Raven				
	Disney	Handler Show	The Simple Life	El News	The Daily 10	Sexiest Movie Stars	Sexiest	"Rock Stars" Rock stars.	Sexiest	Blondes. (N)	Saturday Night Live	Luke Wilson; U2.		
	FX	That '70s Show	That '70s Show	*** "Master and Commander: The Far Side of the World" (2003) Russell Crowe, Paul Bettany. Premiere.	Thief	"In the Wind"	(05) Thief	"In the Wind"	(05) Thief	"In the Wind"				
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Design Remix	Decorating Cents	Curb Appeal	House Hunters	Buy Me	Parents House		
	Family	7th Heaven	7th Heaven	"Charity Begins at Home"	*** "Under the Tuscan Sun" (2003) Diane Lane, Sandra Oh.	Whose Line?	Whose Line?	The 700 Club						
	History	Modern Marvels: Machu Picchu	Modern Marvels: Hadrian's Wall	Modern Marvels: Hi-Tech Hitler	World's Biggest Machines	Mega Movers	"B-25 Bomber" (N)	Marvels: World's Biggest Machines 3						
	Lifetime	The Golden Girls	The Golden Girls	Unsolved Mysteries	Unsolved Mysteries	** "Haven't We Met Before?" (2002) Nicollette Sheridan. Premiere.	Will & Grace	"23"	Will & Grace					
	MTV	Yo Momma	Yo Momma	Direct Effect	8th & Ocean	8th & Ocean	The Real World	The Real World	8th & Ocean	Super Sweet	Super Sweet	Super Sweet		
	NICK	Ned's School	Danny Phantom	Fairly Oddparents	Jimmy Neutron	SpongeBob	Zoey 101	Full House	Funniest Mom	Roseanne	Roseanne	Mad About You	The Cosby Show	
	SCI FI	Stargate SG-1	"Prodigy"	* "Hellraiser: Hellseeker" (2002) Ashley Laurence, Doug Bradley.	"Hellraiser: Deader" (2005, Horror) Doug Bradley, Karl Wuhrer.	** "Out for Justice" (1991, Drama) Steven Seagal, William Forsythe.	Seinfeld	Seinfeld	Friends	Friends	Friends	Friends		
	SPIKE	World's Wildest Police Videos	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	Friends	Friends	Friends	Sex and the City	Sex and the City	Seinfeld	Seinfeld	Wrecks to Riches	"Pony Races"	
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Wrecks to Riches	"The Apprentices"	Wrecks to Riches	"Pony Races" (N)	Overhauled Truck	Miami Ink	"The Garver Special" (N)	Wrecks to Riches	"Pony Races"
	TLC	Martha	Martha	Wrecks to Riches	"The Apprentices"	Wrecks to Riches	"Pony Races" (N)	Overhauled Truck	Miami Ink	"The Garver Special" (N)	Wrecks to Riches	"Pony Races"		
	TNT	Charmed	"Cat House"	Law & Order	(DVS)	NBA Basketball Playoffs - Teams TBA.	(Live)	NBA Basketball Playoffs - Teams TBA.	(Live)	NBA Basketball Playoffs - Teams TBA.	(Live)	NBA Basketball Playoffs - Teams TBA.	(Live)	
	USA	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	
	VH1	Celeb Beefs	** "Rock Star" (2001) Mark Wahlberg. A singer lands a gig with his heavy-metal heroes.	Love Monkey	"Opportunity Knocks"	So NoTORious	I Married...	Metal Songs	Web Junk 20					
	TELEMUNDO	Sala de Parejas	Noti-Telemundo	La Tormenta	(05) Tierra de Pasiones	(15) Corazón Partido	Decisiones	Noti-Telemundo	Laura					
Que Locura		Noticiero Univ	Peregrina	La Fea Más Bella	Barrera de Amor	Ver Para Creer	Primer Impacto	Noticiero Univ.						
ESPN	SportsCenter	(Live)	Bonds on Bonds	NFL Draft Wrap-Up Special	(Live)	Battle of the Gridiron Stars	(N)	Baseball Tonight	(Live)	SportsCenter	(Live)			
	ESPN2	Mike and Mike	Around the Horn	Interruption	2005 Monster Shark Tournament	2005 Monster Shark Tournament	NFL Draft Wrap-Up Special	(N)	Quite Frankly With Stephen A. Smith					
	CSN	The Sports List	SportsNite	MLB Baseball Toronto Blue Jays at Baltimore Orioles. From Oriole Park at Camden Yards in Baltimore.	(Live)	SportsNite	(Live)	ACC All-Access	Best-Sports					
CABLE	CNN	Lou Dobbs Tonight	The Situation Room	Paula Zahn Now	Larry King Live	Anderson Cooper 360								
	FNC	Special Report	(Live)	The Fox Report With Shepard Smith	The O'Reilly Factor	(Live)	On the Record-Van Susteren	The O'Reilly Factor						
	MSNBC	The Abrams Report	Hardball	Countdown With Keith Olbermann	Scarborough Country	Rita Cosby Live & Direct	The Situation With Tucker Carlson							
MOVIES	AMC	(5:30) *** "White Men Can't Jump" (1992, Comedy) Wesley Snipes. 'R'	*** "Murder by Numbers" (2002, Mystery) Sandra Bullock, Ryan Gosling, Michael Pitt. 'R'	*** "Instinct" (1999, Drama) Anthony Hopkins. 'R'										
	TCM	*** "The Maltese Falcon" (1941) Humphrey Bogart. 'NR' (DVS)	*** "The Birth of a Nation" (1915, Drama) Lillian Gish, Mae Marsh. Silent. D.W. Griffith's Civil War masterpiece. 'NR'											
	HBO	*** "Paparazzi" (2004) Cole Hauser. 'PG-13'	*** "The Interpreter" (2005, Suspense) Nicole Kidman. 'PG-13'	Poseidon: 1st	Costas Now	(N)	Big Love	"Easter"						
	MAX	(6:45) *** "Catwoman" (2004) Halle Berry. 'PG-13'	*** "Kingdom of Heaven" (2005, Historical Drama) Orlando Bloom, Eva Green. 'R'	*** "Next of Kin" (1989, Drama) Patrick Swayze, Liam Neeson. 'R'										
	SHOW	(5:05) "Music From Another Room"	(6:55) ** "Sleepover" (2004) Alexa Vega. 'PG'	(25) *** "Trainspotting" (1996) Ewan McGregor. 'R'	Weeds	(TV)	Weeds	(TV)	HUFF	Huff receives a surprise visit.				
	TMC	The Perfect Score	(25) "Hollywood Flee" (2004) Brad Renfro. 'R'	*** "The Faculty" (1998) Jordana Brewster. 'R'	(45) *** "Against the Ropes" (2004, Drama) Meg Ryan. 'PG-13'	(35) Pulp Fiction								
STARZ	(5:30) *** "Ice Princess" (2005) 'G'	(1:15) *** "Man of the House" (2005) Tommy Lee Jones. 'PG-13'	*** "Bewitched" (1995, Romance-Comedy) Nicole Kidman. 'PG-13'	(10:50) *** "Con Air" (1997) 'R'										
	ENCORE	(1:15) *** "Celtic Pride" (1995, Comedy) Damon Wayans. 'PG-13'	*** "The Butterfly Effect" (2001, Suspense) Ashton Kutcher. 'R'	*** "Mary Reilly" (1996, Drama) Julia Roberts, John Malkovich. 'R'										

# Sports



**LAST SNAP:** With the NFL draft over, 43-year-old Doug Flutie is expected to announce this week if he will end a career that included a Heisman Trophy at Boston College and took him through three pro football leagues.

## Wizards Overcome Odds, Yet Again

Washington's latest comeback makes it a best-of-three series

WIZARDS | Clank. Thud. Dong.

Gilbert Arenas watched eight of his nine first-half shots fly off the rim at different angles Sunday. Jumpers wouldn't stay down. Strong drives ended in Cleveland rebounds.

On the other end of the floor,

LeBron James couldn't miss, setting a franchise playoff record with 25 first-half points.

Frustrating? For most teams, yes, but you have to know the Arenas and these Wizards.

"Coach [Eddie Jordan] says throw away the plays," Arenas said. "Throw away the plays? That's like us playing outside. He was loose when he said it, so we [came out] loose."

By now you know how Arenas

got it together, and scored 28 in the second half while James looked



Arenas

more like Ray Lewis, knocking down more defenders than shots on the way to picking up four offensive fouls in the Wizards' 106-96 win.

Washington's comeback may well set the tone for the rest of the

series, which resumes Wednesday in Cleveland with the teams tied at two.

The Wizards are used to being down, but not out. Their five-game losing streak late in the season nearly cost them the No. 5 seed in the East. Washington played meaningful games until the last horn sounded in the regular season.

"We can't stand prosperity," Jordan said, "but we're resilient enough." ERIC BRANDNER

## Swengali

NFL DRAFT | BY MATT SWENSON

### Leinart Learns Costly Lesson

**STAYING IN SCHOOL CAN BE STUPID.** Just ask Matt Leinart.

The former USC star quarterback would have been the top pick had he entered the draft last year on the heels of winning the Heisman Trophy and leading the Trojans to a second consecutive championship.

But Leinart liked school so much he stayed at Southern Cal to play his senior year. As a follow-up act, he put up better numbers than in his Heisman season. The only problem was that Leinart was constantly overshadowed.

First it was teammate Reggie Bush, who took home the Heisman Trophy. Then it was Vince Young, who almost single-handedly led Texas to a

**Seven draft spots means a salary difference of about \$10 million.**

win over USC in the Rose Bowl.

It happened to Leinart again in Saturday's draft. Bush fell slightly, landing at the No. 2 spot. Young jumped ahead of Leinart to become the No. 3 overall choice, as selected by the Tennessee Titans.

Seven picks later, Leinart was finally chosen 10th by Arizona. Seven draft spots means a salary difference of about \$10 million, especially when talking about quarterbacks.

Leinart will still be a millionaire many times over and could still be the best player from this class, so we shouldn't weep too much. Yet it still shows how fickle the business is. A great player stayed in school an extra year and got better.

His reward: Leinart's now the poster-child for college athletes to go pro before it's too late.

Matt Swenson, is Express's sports editor. His e-mail is matt.swenson@readexpress.com.

## In Brief

### FATHERHOOD

#### For Bryant, O'Neal, Six Minutes of Separation

Just like old times, Kobe Bryant and Shaquille O'Neal are celebrating. The former Lakers teammates became fathers again Monday when their wives gave birth to girls six minutes apart. Gianna Maria-Onore Bryant was born at 2:03 a.m. PDT and Mearah Sanaa O'Neal was born at 4:57 a.m. EDT in a South Florida hospital. (AP)

### NBA BRAWL

#### Fan Sentenced to 30 Days

The man accused of throwing the cup that sparked a 2004 brawl between the Indiana Pacers and Detroit Pistons fans was sentenced Monday to 30 days in jail on an assault and battery charge. John Green also was sentenced to two years' probation. The 41-year-old was convicted in March of one count of assault and battery for punching Ron Artest in the brawl at The Palace of Auburn Hills. (AP)

### DUKE LACROSSE

#### Panel: Team May Play in '07

A faculty committee at Duke University has recommended the men's lacrosse team resume play next season. The rape allegations made last month led Duke to cancel the remainder of the men's lacrosse season, accept the coach's resignation and begin a series of internal investigations. A grand jury indicted Reade Seligmann and Collin Finnerty on charges of rape, kidnapping and sexual assault of an exotic dancer. (AP)



**TOWN CRIER?** The debate rages whether LeBron James is getting star treatment this series. He had four offensive fouls Sunday.

## Wizards, Cavaliers Cry Foul at Refs

WIZARDS | The playoff series between the Cleveland Cavaliers and Washington Wizards has become a battle of high-scoring stars, and their complaining coaches.

LeBron James and Gilbert Arenas rank first and third in scoring average this postseason, while coaches Mike Brown and Eddie Jordan likely lead the league in whining about officiating.

First, Jordan accused referees of giving James the star treatment as his 41 points led Cleveland to a 97-96 road win in Game 3 Friday night. Jordan wanted a traveling call



Eddie Jordan says he'll only complain about hotel rooms from now on.

on James' game-winning drive to the rim with 5.7 seconds left.

It was Brown's turn to grouse after Game 4 Sunday night. "I don't know how LeBron can be on the floor for 45 minutes and pick up four offensive fouls," Brown said.

With the series headed back to Cleveland, Jordan declined to address the officiating in the series again Monday. "I'm going to complain about my room service in Cleveland so I get better room service when we stay at the Four Seasons," Jordan joked. "I'm not saying any more." JOE MILICIA (AP)



## Sports

# Olsen Waits for Name to Be Called

United star is hopeful of landing spot on the U.S. World Cup roster

UNITED | When Ben Olsen's left footed, 25-yard shot swerved away from the FC Dallas goalkeeper and inside the right post at RFK Stadium on Saturday, it was clear that D.C. United's workhorse midfielder had done just about everything possible to make the 23-man US World Cup team, which will be announced by Coach Bruce Arena live on ESPN this afternoon.

"I feel like I'm in as good form as I get right now. It's good timing," Olsen said.

Four years ago, it appeared the gifted University of Virginia product's international career might be over.

The 1998 MLS rookie of the year, Olsen suffered serious ankle injuries that required multiple surgeries and cost him his entire 2001 season, a chance to play professionally in England and a likely spot on the 2002 World Cup team.

When he rejoined D.C. midway through the 2002 season, he no longer was capable of the nimble,

threatening runs that made him one of the most feared outside midfielders in the country.

He was forced to adjust his game. Now a more defensive, central player responsible for establishing a rhythm and wreaking havoc in midfield, Olsen has forced his way back into the national team picture.

After appearing just four times for the US from 2001 through 2004,



Olsen

he has featured prominently in the US's run-up to the World Cup this year, scoring twice. As other American midfielders have suffered injuries or a decline in performance, Olsen's stock has risen steadily, and he now is on the verge of a World Cup trip that once seemed impossible.

Olsen, 29, said he was proud of his reemergence "because of what I had to do to get there," and that he doesn't miss the player he used to be. "I feel more at ease about myself as a soccer player now. I'm happy playing. I'd much rather be a smarter player." BRIAN STRAUS

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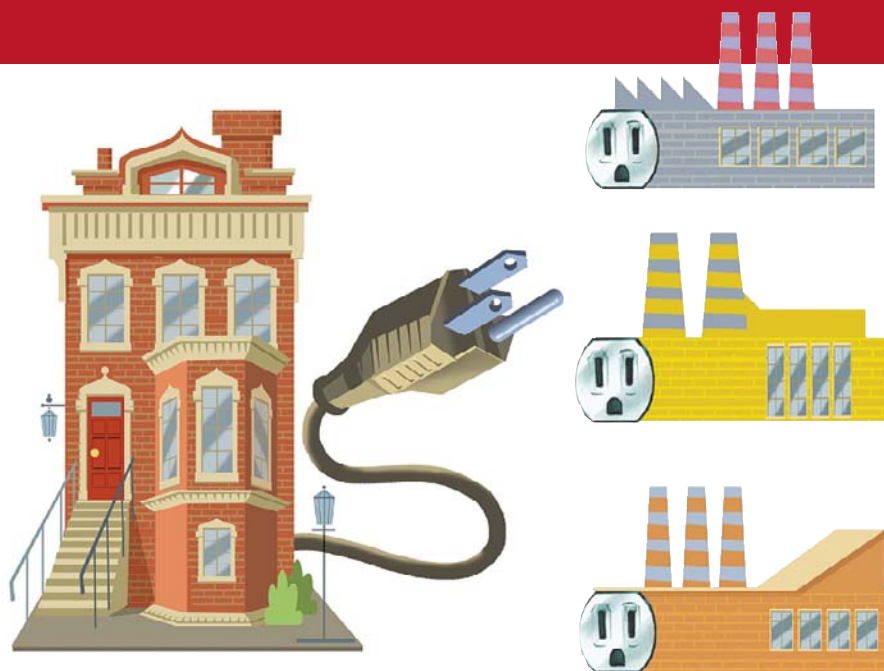
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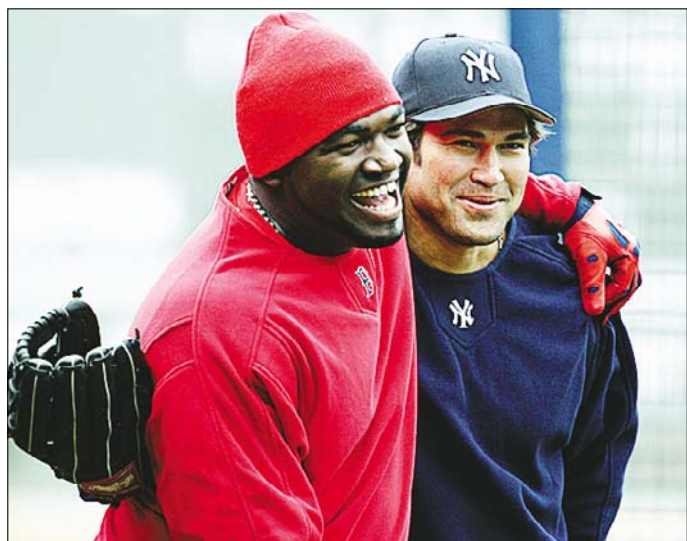


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### RED SOX VS. YANKEES | THE BEST OF ENEMIES



CHARLES KRUPA/AP

**HERE'S JOHNNY:** Red Sox star David Ortiz welcomes former Boston outfielder Johnny Damon back to Fenway Park Monday before the first game of the year between the bitter rivals. Damon signed in N.Y. in the offseason.

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**HE GOT GAME:** Running back John David Washington, the son of Denzel Washington, was signed by the St. Louis Rams Monday after playing for Morehouse College last year.



## Sports

# A 'Big Week' for McIntosh

Redskins introduce top pick five days after Miami star is married

**REDSKINS** | Can Washington Redskins draft pick Rocky McIntosh handle the pressure of replacing LaVar Arrington? Compared to the pressures of romance, that should be no problem.

McIntosh arrived at Redskins Park on Monday, two days after the linebacker was selected in the second round of the NFL draft — and only five days after getting married.

Married right before the draft? Why? "Just because a lot of stuff is going to be going on in the next month or so, and I was having a lot of pressure from her," McIntosh said. "A lot of pressure. But it was cool, though. I love her a lot."

McIntosh met his wife, Alessia, on his first day of school at the University of Miami. They've been engaged for "a year or two," he said. They were married on a beach in Miami last Wednesday.

"I know he had a big week," coach Joe Gibbs said.

Because the Redskins didn't have a first-round draft pick, the annual formal introduction of their top draftee was more low-key than usual. McIntosh was taken early in the second round at No. 35 overall



Rocky McIntosh is expected to fill in for the departed LaVar Arrington next season.

and will compete for the weakside spot vacated when three-time Pro Bowl linebacker Arrington left as a free agent in March.

McIntosh will make his on-field debut Friday, when the team begins a three-day rookie mini-camp. He will become the fourth ex-Hurricanes player on the Redskins roster, joining running back Clinton

Portis, receiver Santana Moss and safety Sean Taylor.

"Football is a big deal at Miami," Gibbs said. "They play a tremendous schedule. If you're taking a look at somebody — if he can play at Miami and be that kind of a guy and a leader there, then chances are he's going to be successful up here, too." **JOSEPH WHITE (AP)**

## Giants Give Jai Lewis A Shot on the Gridiron

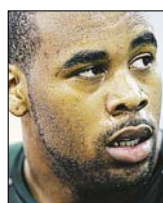
**NFL** | Jai Lewis played a major role in George Mason basketball's improbable run during the NCAA basketball tournament this spring.

For his next trick, he'll try to make it in the NFL after not playing organized football for five years and agreeing to a rookie free agent contract with the New York Giants Monday.

"I'm very excited that somebody's taking a chance on me and giving me the opportunity to go out there and show what I can do," Lewis said.

He said the Giants project him at tight end, a position he played in

high school, or offensive tackle, a position he has never played.



Lewis

"He's a project. It's not going to happen overnight," general manager Ernie Accorsi said. "The question is, does he have the fortitude to play this sport, where you're getting hit in the mouth every play? It's going to depend on how hard he wants it and how hard he works."

**DAVID PORTER (AP)**

## Charges of Hate Crime in Attack On Miami's Taylor

**DAVIE, FLA** | The man charged with assaulting Miami Dolphins linebacker Jason Taylor faces hate crime charges, police said Monday.

Redmond Charles Burns, 24, allegedly used racial epithets and yelled obscenities at Taylor, who is black, during an alleged highway confrontation Sunday night. Taylor told police that Burns grabbed his shirt, ripping it in several places, and suffered a "minor laceration" on a forearm. Taylor, who played in a charity golf tournament Monday, said in a statement that his injury was minor. **(AP)**

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## Sports



**CATCH HIM IF YOU CAN:** Doug Mirabelli, who—during his tenure in Boston—was Tim Wakefield's personal catcher, was traded back to the Red Sox on Monday for reserve Josh Bard.



**DOWN TO THE WIRE:** Jimmie Johnson holds off Tony Stewart on the last lap to win the Aaron's 499 on Monday afternoon.

# Johnson Wins at Talladega

## Driver learns from his past mistakes to edge Stewart in Aaron's 499

**AUTO RACING** | Almost every move Jimmie Johnson made at Talladega Superspeedway seemed to be the wrong one. Rivals said he was too aggressive, showed too little patience. Dale Earnhardt Jr. even called him an "idiot" for his role in accidents that wrecked 39 cars last year.

Johnson erased a career full of Talladega troubles, barreling past teammate Brian Vickers with one lap

to go and holding off a charge from Tony Stewart to win the rain-postponed Aaron's 499 on Monday.

"I got into some situations last year, and I just felt in my heart that maybe I was being too aggressive on the track," Johnson said. "I really just stayed cautious. I didn't want to be aggressive. I didn't want to block anybody."

"And then at the end, got really aggressive and raced for the win." It made Johnson 2-for-2 in restrictor-plate races this year. And this one won't have an asterisk.

His season-opening Daytona

500 victory fell under intense scrutiny when crew chief Chad Knaus was suspended for cheating during race preparations. Although Johnson rallied to win the race in a legal car, he was forced to defend himself and his team from a wave of criticism that spoiled the victory.

Now he has a plate win that was fair and square, in a brand new car that no one can question. He also had Knaus with him to celebrate in Victory Lane. The Daytona scandal cost Knaus four races, and he had to watch from home as Johnson won two of them. JENNA FRYER (AP)

## MLB

### AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Yankees	13	10	.565	—	9-3	4-7
Boston	14	11	.560	—	6-4	5-7
Toronto	12	11	.522	1	8-6	4-5
Baltimore	13	13	.500	1.5	8-8	5-5
Tampa Bay	11	14	.440	3	6-4	5-10

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	17	7	.708	—	9-3	8-4
Detroit	16	9	.640	1.5	5-5	11-4
Cleveland	13	12	.520	4.5	7-5	6-7
Minnesota	9	15	.375	8	6-3	3-12
Kansas City	5	17	.227	11	5-8	0-9

WEST	W	L	PCT.	GB	HOME	ROAD
Texas	13	12	.520	—	6-7	7-5
Oakland	12	12	.500	.5	5-7	7-5
L.A. Angels	12	13	.480	1	6-6	6-7
Seattle	11	15	.423	2.5	6-10	5-5

### NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	16	8	.667	—	7-4	9-4
Atlanta	10	14	.417	6	4-5	6-9
Philadelphia	10	14	.417	6	5-10	5-4
Washington	8	17	.320	8.5	1-7	7-10
Florida	6	16	.273	9	2-7	4-9

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Cincinnati	17	8	.680	—	8-4	9-4
St. Louis	17	8	.680	—	12-4	5-4
Houston	16	8	.667	.5	12-4	4-4
Chicago	13	10	.565	3	7-5	6-5
Milwaukee	14	11	.560	3	9-4	5-7
Pittsburgh	7	19	.269	10.5	6-7	1-12

WEST	W	L	PCT.	GB	HOME	ROAD
Colorado	15	10	.600	—	5-7	10-3
San Fran.	13	11	.542	1.5	7-5	6-6
Arizona	12	13	.480	3	4-6	8-7
L.A. Dodgers	12	13	.480	3	5-7	7-6
San Diego	9	15	.375	5.5	4-11	5-4

Standings through April 30's games

## TODAY'S TV LINEUP

**NBA (8 P.M. ON TNT)** The Miami Heat try to regain the lead in their deadlocked playoff series against the Chicago Bulls.

**NBA (10:30 P.M. ON TNT)** Kobe Bryant and L.A. Lakers are one win away from eliminating the Phoenix Suns.

**BASEBALL (7 P.M. ON MASN)** The Nationals wrap up their quick two-game series against the Mets with Michael O'Connor pitching against John Maine.

**BASEBALL (7 P.M. ON CSN)** Kris Benson can improve his record to 4-2 when the Orioles host the Toronto Blue Jays.

**MORE BASEBALL (NOON ON ESPN, 2:10 P.M. ON WGN)** The White Sox visit the Indians; The Cubs host the Pirates.





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Fax: (202) 912-3677

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## ARTS

### KENNEDY CENTER

Telephone Sales Agents needed for P/T, days, & eves. Must be articulate and have sales ability. Knowledge of and enthusiasm for the performing arts is desirable. Call 202-416-8490

### Automotive Mechanic

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Seeks an experienced F/T MECHANIC w/ min. of 5 years of experience in repair of light to medium duty vehicles. CDL license desirable. Must be available for flexible shifts, including weekend/holidays. Benefits & free parking. Apply in person 1000 Ohio Dr, SW Washington, DC or CALL 202-488-5203 for further information. EOE/M/F/D/V

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Exp'd detailers needed w/ DL. For the Clinton/Bowie area. CALL 703-492-0808.

## JOBS

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Needed for busy import dealership. Includes benefits. Call Butch or RN at Laurel Kia to join our winning team. 301-604-1339

**BEAUTY** — Lic. Hairstylist. Up to 70% Commission. Call Debbie at 301-735-0002.

### Beauty- Nail Tech

Needed for a day spa in DC. CALL Helen 301-787-0445 or 202-362-7766.

**BOAT CREW**— Deck Hands, FT/PT. Potomac River-boat Co. (Alex, VA.) Will train. Must be U.S. citizen. Drug test req'd. Call Capt. Tom, 703-684-5986.

**CABLE Communication INSTALLERS Wanted** — PG Co. Exp'd/unexperienced. Will train. Own tools & transport. Weekly bonus. CALL: 240-491-8554/443-253-5874.

## JOBS

**CAMP COUNSELORS & LIFEGUARDS**—For Prvt Schl summer day camp in Vienna VA, Ages 3-12, Great exper for Recreation or Education majors. Must be 18 yrs old, Exper pref. Call 703-759-3000

**CATERING CHEF**—On- and off-premise. Customer service oriented. Must be willing to work morning, must play well with others. FAX resume: 703-538-4601.

**Construction Carpenter, Carpenter Helper, Drywall Finishers & Painters**

At least 5yrs exp. good pay & benefits. FAX resume to: 703-321-7978 or CALL 703-321-7977.

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**DANCERS**—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

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**HYATT REGENCY - On Capital Hill**  
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**SPEECH LANGUAGE PATHOLOGISTS** - DC License  
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**SCHOOL NURSES** - RN required

Our new school will be directly opposite the Stadium/Armory METRO exit on the corner of 19th St. and Independence Avenue, SE, Washington, DC. We offer top competitive salaries and excellent benefits.

Learn more about us at [www.stcoletta.org](http://www.stcoletta.org)

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### Customer Service Representative Part Time (25 hours per week)

The Washington Post is currently searching for high energy Customer Service Representatives who will work in a fast-paced, detailed oriented, and team spirited environment.

#### Responsibilities:

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- Assure accurate billing.
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#### HOURS:

Wednesday 9:00 a.m.-5:30 p.m.  
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Friday 9:00 a.m.-5:30 p.m.  
(Your resume will not be considered if you are unable to work ALL of these hours.)

For more information and to apply online, visit us at [www.washingtonjobs.com](http://www.washingtonjobs.com).

Qualified candidates should send a resume and cover letter to:

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Attn: HR/CSR/MF

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EOE /M/F/D/V

### Dental Assistant

Seeking Dental Asst. for endodontics practice. Must be able to travel between Greenbelt & Clinton locations. FT position available, with benefits provided. Exper and x-ray certification req'd. Please fax resume to 301-877-9393

### Dental Hygienist

PG office, FT/PT, Perio focused. New Graduates welcome. Fax resume: 301-735-6166

### Dental Receptionist

Seeking Dental Recep for endodontics practice. Must be able to travel between Greenbelt & Clinton locations. FT and PT positions available. Exper pref'd not req'd. Please fax resume to 301-877-9393

### DENTIST

Lanham area at least 2 yrs experience. P/T & F/T avail. Please fax resumes to 301-879-2074/301-459-2712

### DRIVER

CDL Drivers for Children in PG area, must be a least 25 yrs old. Clean MVR, drug test & bkgrd check req'd. \$13-\$15/hr. Split shift, Fax resume to: 301-441-8127 or call 301-441-8124. EOE.

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**\*\*Gas Bonus\*\***  
Del flowers in VA & DC for Mother's Day- May 12,13,14. Vehicle, Ins, Gas req'd. \*Gas Bonus for 25+ completed del per day. 703-978-0773

## JOBS

### DRIVER

#### TRUCK DRIVERS WANTED

Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location. We have several position available. Call Robert 1-800-992-6286

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### DRIVERS

Class A, Local & Long dist., Moving/Storage. Based in Fairfax VA, Top Pay/Benefits. Call Craig Van Lines, 703-273-8852

**DRYCLEANERS**—Spotter, exp'd only for Bethesda area. Salary \$675/wk. CALL: Morty, 301-299-8800

**Electricians**—Foreman, Mechanic & Apprentices/ Bucket & Svc Truck Electricians needed. NOVA Co. Regular & Davis Bacon DC/VA/MD. 703-707-0606.

### Engineering

#### CIVIL ENGINEER

Civil/Surveying/Land development firm located near two Bethesda metro. Req'd entry level civil engineer for land development design & other civil engineering projects. Fax resume to: 301-654-7908.

Email:

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For a wide range of Clients. Must have thorough knowledge of Strength trng, NSCA cert, Degree or Exer Phys Student pref. Fax resume: 202-638-0025

### FUNDRAISING

**Manager, Corporate Alliances**  
New position! Excellent opportunity!

USO, a non profit organization providing programs & services for the military and their families is looking to fill this position to manage the development & execution of corporate marketing alliances & philanthropic relationships established at the USO Center/Affiliate level. The Manager will also need to generate sponsorship & foundation revenue for stateside & overseas Centers. The position is located at the Headquarters office in Arlington, VA and reports to the Director, Corporate Alliances.

Responsibilities include: providing guidance for selling & implementing partnership marketing deals; research targeted categories & primary prospects; serve as information resource for corporate alliances activities & inquiries; generate weekly activity reports & analysis; prepare sales materials & presentations; prepare partnership agreements; represent the organization at trade shows/conferences; other related duties.

Minimum requirements: Bachelor's degree in related field; five or more yrs. progressively responsible sponsorship of nonprofit fundraising exp.; project management exp.; excellent written & verbal communication skills; fully competent in MS Office & PP; exp. w/Raiser's Edge preferred; ability to travel extensively w/in US & occasionally overseas.

Send resumes to USO; HR dept. at [jobs@uso.org](mailto:jobs@uso.org) or fax to 703-908-6401 by May 12th. Only applicants selected for an interview will be contacted. No phone calls please. E/O/E. AA.

For more information on USO, go to [www.uso.org](http://www.uso.org)

## Classifieds

## JOBS

## HOME HEALTH AIDES NEEDED!

Take advantage of the new DC rate increase for Home Health Aides!! VMT Home Health Agency located in DC has immed. openings for Home Health Aides. Must have a H.S. Diploma or GED, home health certifi., current CPR cert., exper. in home care pref'd. Home Health Aides provide a variety of in-home health care svcs. to elderly patients. If you are interested and do not have the certifs., contact us. We provide training. Send letter of interest and resume via FAX: 202-282-3109 or EMAIL: vray@vmtltc.com. VMT is an EOE.

**HOTEL**  
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For commercial mechanical contractor to assist certified Mechanic in service work & troubleshooting in all phases of HVAC. Exp. req'd. Great pay, benefits & opp'ty to grow. CALL: 240-417-3958.

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**JEWELER** Bench Jeweler FT/PT for nationwide repair company in Tyson's Corner Center, Sales exper. req'd. Call 571-633-0766.

**LABORERS/WAREHOUSE/MAILROOM**  
47 immed openings for Laborers/Warehouse/Mailroom on day and night shifts. Positions located in DC Metro area. Apply in person  
Mon - Wed., 10am sharp, at Crosby Corporation, 835 Bonifant St., Silver Spring, MD.

## LEGAL ASSISTANTS

Silver Spring. One position is bilingual Spanish. The other position does not require Spanish. \$30K-\$65K + full benefits & parking. More info at:  
www.markskatz.com  
Fax 301-495-8815

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Alex Old Town N. End IP Law firm seeking FT secretary with excellent computer, communication, grammar, typing & organizational skills for senior patent & trademark attorney. Min 1 yr IP exp desired. Benefits incl medical, 401K, free parking in bldg. Sal. commens. w/ exp. Send resume to: 703-683-1080 or email: hr@baconthomas.com

**LEGAL SECRETARY - TRADEMARK**  
N. End Old Town Alex IP Law firm seeks TM Secretary w/ Excel computer, communication, grammar, & typing skills to assist w/ US Trademark prosecution. Some US and Foreign patent prosecution & US patent litigation. Min 1 yr exper., WP, MS Word, PCLaw, & PCMaster a plus. Benef incl Medical, 401K, free Garage parking. Send resume to: hr@baconthomas.com or fax 703-683-1080.

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DC Day Spa needs Massage Therapist, Receptionist. Apply in person 2440 M. St NW, #505 DC M,T,W before noon

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for Private Optometrist office in Lakeridge. At least 1 yr exper in Sales & Edging. Excel benefits. Call Tammy 703-680-4323 or Fax resume 703-680-4358.

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Email: [camp@camphysicaltherapy.com](mailto:camp@camphysicaltherapy.com)

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## RESTAURANT

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## RESTAURANT GRILL COOK

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Washington, DC 20003; or FAX: 202-484-5808,

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Busy downtown nightclub now hiring FT/PT, Apply in Person, 1520 K St. NW- DC

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## Sales

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## Classifieds

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**ALEX/OLD TOWN**—Brk TH, 3 lvls, 2 MBRS, 2 1/2 ba, hdwd flrs, fpl, patio, w/d, pkg. Walk King St. Metro. \$2190. 703 683-0114

**ALEX**— TH, 3BR, 2 1/2BA, garage, deck, fpl, only 1 minute to bus stop, 10 mins. from Metro, 25 mins. from DC, 10 mins. to Ft. Belvoir. \$1695/mo. 571-217-9327

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**SW 172 Forester St**—3BR, 1 1/2 BA, fencd yd w/deck, garage Sec & ok \$1500 mo. 202 575-0488

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**TAK PK**—1BR apt, \$900+utils. 301-580-9542

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**ARL**—House to shr. Wlk Ballston Metro. Immed. Room \$595/\$675/4745+ut. pvt. BA. 703-599-7572

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**FT. WASH**—Furn Rms in Hse to Shr. Shr LR/DR/Kit, W/D, \$125-\$200/wk, Utlis incl + Cable. 703-856-6075

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**LANHAM**—Rm in hse. 5 min/Metro. Prof N/S. \$125-\$135/week 240-645-2380. 8pm-11

**Manassas**—Share TH. Master BR, private BA, double closet, wlk shpg ctr, lib, 66/28. N/S/NP. \$650. 703-863-9023

**NE/M PROF N/S LG 4BR**—2½BA hse nr Ft Totten. Maid svc. Bsmt. avl. Sh. kit., pvt BA/entr., study, wlk-in clst, w/w crpt. All utlis incl. \$975/mo. 202-494-3692

**NEW CARROLLTON**—Hse to shr, \$600 all utils incl., free phone/Internet/cable. Nr 3 shopg ctrs, Metro & bus access, safe ngbrhd. 240-603-1376

**NW**—Lge furnished room in Female shared house nr Howard Univ. \$500 inclds util. **202-832-7040**

**OLNEY**—F to shr contemporary TH. Pvt BR & BA fully furn. W/D, cable tv, pool, pkg & utlis incl. \$750/mo Avail May 1st. **301-213-1179**

**OXON HILL**—M/F to shr SFH. 1 furn BR w/cable & phone, close to bus. \$500/mo sec. dep. 301-567-0383

**Rocky/White Flint**—Prof F shr beautiful neat hse. 1BR. N-smkg & no pets. \$550 incl all. 301-792-0309

**SE**—Shr hse, 3 rms avail; 1 rm has own FB. Nr Metro, Good Hope Rd. Prkg. Neg price. 240-281-1053

**SIL SPG**—Remod bsmt 1BR, 1FB, shr kit & LR, pvt ent, all utls inc \$565. 301-768-9696; 301 879-0433

**SIL SPG**—Shr hse. 1 furn rm avail w/shared bath. By Bel-Pre rd. \$550/mo inclds utlis Call 202-412-9824

**SILVER SPRING**—1 large br, w/ priv bth, 5 bks to metro, all utlis. incl. & cable. \$600/mo. 240-678-5087.

**STERLING**—Need Prof F to shr lux hse w/prof M. 1BR & Full bsmt avl w/pvt BAs. \$600-1000. 703-507-0795/703-310-7013

**Tak PK**—F to shr hse. Quiet ngbrhhd. Close to Transp & shops. All utlis incl \$500/mo. 301-717-9057

**TAKOMA PARK**—1BR in SFH. Pvt BA & entrance. Shr Kitch. Prof F. N/smkr. \$500 utlis incld. 301-580-9542

**VIENNA**—Hse to shr. 2 Rms avail. biking distance to Metro. Bus at door. private back yard. \$800 & 675 + utlis. Call 703-242-2196

## CONDOS FOR SALE

**ADAMS MORGAN** **\$449,900**  
Lg 1BR w/den, granite, ss, w/d, fpl, wd flrs, 11ft ceilings, rented prkg, Condo fee \$134/m, 1821 Belmont Rd NW #5 **202-674-0917**

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**ALEX** **\$329,900-RENOVATED - VIEWS**  
Large 2BR, 2BA Condo w/Balc, open floor plan. SS appls, jacuzzi, etc. Great locn. 703-370-8670.

**Taylor Brown Realty**  
**ALEX/OLD TOWN TORPEDO FACTORY**—2BR, 2BA, hw flrs, balc, garage prkg, granite counters, crown molding/built-ins, full sz. w/d. \$629,000.**Charles Klein-202-256-1946** RE/MAX ALLEGIANCE

**ALEX/OVERLOOK** **\$479,000**  
2BR 2½BA 2 lvl, Jacuzzi, wilkin closet, ceiling fans, bit-in bkcases, 1 car gar, gas frpic, gas stove & heat, SO exposure, Bright & airy, many amens., inside Beltway. Conv. 395, 20 min. Ft. Belvoir, 10 min. Pent. Call 703-244-7658. **Will consider lse w/opt to buy.**

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# LOOK out

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## Economy

### Private homeowners hire day laborers for jobs large and small

Burbank, Calif., resident Chris James needed help moving a piano and three dozen boxes of records from his music studio — so instead of corralling some friends, he rented a truck and hired some laborers from outside the local Home Depot.

Within minutes, two Guatemalan men promised \$12.50 an hour were in his truck. If James, 31, worked solo “it would take all day.”

The two men finished the job in an hour and a half while James looked on. For hauling a piano and wedging a sofa into his condo, then stacking the boxes in a back room, James owed the men less than \$40.

It is the kind of scene replayed daily across the nation.

The No. 1 employers of day laborers are private homeowners — not construction contractors, not professional landscapers, according to a recent study.

“Day labor is not a niche market,”

said Abel Valenzuela, a UCLA professor and one of three authors of the first national day labor study, which was released in January. “It’s now entering different aspects of the national mainstream economy.”

Forty-nine percent of day labor employers are homeowners, according to 2,660 laborers interviewed for the study. Contractors were second, at 43 percent. The study also found that three quarters of day laborers were illegal immigrants and most were from Latin America.

There are myriad reasons home-

owners hire the men who call themselves “jornaleros.” They are a flexible labor pool with no red tape and no overhead. And they will do back-breaking jobs much cheaper than traditional contractors.

Day laborers like homeowners, too. Shady contractors routinely stiff them. Not homeowners — the work-

INSIDE

Mommy and me styles make fashion fun | 33



Live Online On the immigration protest | 30

Blog Log Praise for Metro’s interim GM | 31



ONE OF MANY: Day laborer Arturo Pequena works for a private homeowner

taxpayer-funded day labor centers. “They are contributing to the illegal immigration problem.”

But while Immigration and Customs Enforcement agents occasionally arrest day laborers, they almost never go after homeowner employers. Their priorities are national security work sites such as seaports and the smuggling networks that bring illegal immigrants into the country.

“Working day laborer sites is not an efficient way to use finite resources,” said agency spokeswoman Virginia Kice.

After 78-year-old Maxine Colby’s husband died six years ago, she needed help around her Malibu house. Somebody to clear brush, pull weeds, trim trees, wash windows.

So, a few times a month, Colby started hiring day laborers.

“They have been fantastic,” she said. “I speak a little Spanish, and they speak a little English, and we have a good time.”

Colby pays \$11 an hour and serves hot lunch. She doesn’t ask about immigration status, nor worry about breaking the law.

It is just easier this way — putting an ad in the paper or going through a temporary agency seems so cumbersome compared to picking up a few workers on the street.

“This is a system that works for most people,” she said. “If lawmakers can’t figure out how to fix it, I certainly can’t.” PETER PRENGAMAN (AP)

# Pay by Day

ers know where they live.

“And in houses, they give us food, water and soda,” said Herminio Velazquez, 48, taking a break from unloading record boxes at James’s condo.

While some homeowners say they are conflicted over hiring people who likely have no work

documents, they do not believe they are doing wrong. Many say only day laborers will do the tough jobs.

It is an argument rejected by anti-illegal immigration activists.

“They know they are hiring illegal aliens and breaking the law,” said Joseph Turner, who is trying to force San Bernardino to outlaw



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# LOOK<sup>\*</sup>out

## Voices

### Live Online

### Immigrant Rights

**REV. JOSE H. HOYOS**, director of the Arlington Catholic Diocese Apostolate, was online Monday to discuss the economic boycott. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)

#### What is your position on the protests/boycotts?

People can, of course, express their hopes, but we hope that people use constructive, long-term means to address this. For example, we encourage Catholics and others to mark the day by contacting their members of Congress and U.S. senators. People did not come here to boycott, but to become constructive members of society and provide for their families. There can't be a one-day solution to this. Sometimes in large families, only one person is working and responsible for children, food and shelter. One payday means a lot for a Hispanic family.

#### U.S. business. If people could immigrate legally, many of us would've done so.

This points to an encouraging fact. We see in our communities people who came to this country, many with temporary protected status (TPS), and we see the contributions they make as taxpayers. These people have been an important part of our growth economy and the fabric of our nation. I also see many who come here and are faithful Catholics, involved in our parish communities. In our diocese of Arlington, over half of our parishes welcome our Latino brothers and

#### This is a very emotional issue.

People have strong feelings about immigration and the changing of the American ethnic landscape. Is there a middle-of-the-road position that you feel most Hispanics and Latinos believe in? Are we seeing a fringe element today in Dallas, L.A., Washington, D.C. and other cities today?

The emotions are understandably running high, but this is an issue which I hope our Catholics will stay involved in. I believe the middle ground is to be found in our nation's tradition of welcoming immigrants. Our laws have moral consequences, and we are all called to mend the broken system in a way that is just.

I am a former "undocumented alien" who has resided in the U.S. for over 20 years. I have worked, paid taxes and respected the laws of the land. What many fail to realize is that immigration laws, and the immigration process in general, are obsolete. One has to wait about 14 years to immigrate legally to this country, unless you marry a U.S. citizen or are offered sponsorship by a

**I believe the middle ground is to be found in our nation's tradition of welcoming immigrants.**

**REV. JOSE H. HOYOS**  
DIRECTOR OF THE ARLINGTON CATHOLIC DIOCESE APOSTOLATE, ON REACTIONS TO THE IMMIGRATION DEBATE.

sisters with Spanish masses, along with many other ministries.

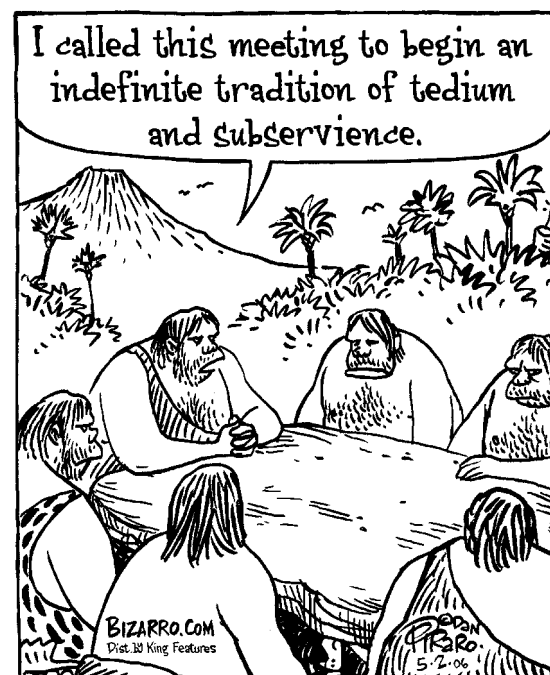
#### How do you feel about border protection?

The Church of course affirms the right of our nation to secure its borders, especially at a time when security is of particular concern. But our nation's immigration crisis can only be addressed effectively by a comprehensive approach, rather than an enforcement-only approach.

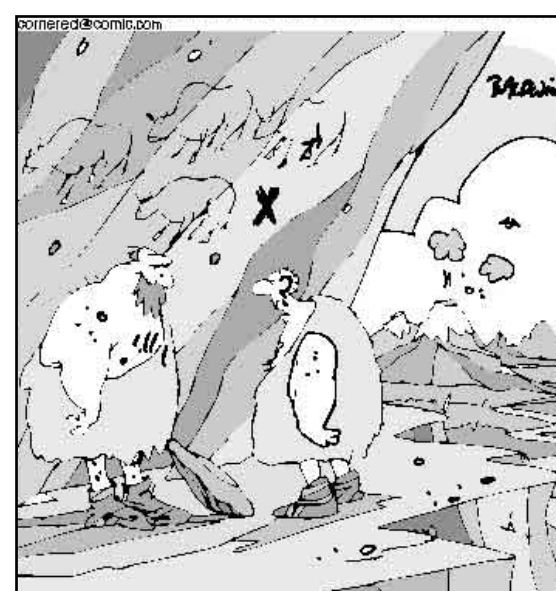
#### → Today on Live Online

**11 A.M.:** Patricia Quinn, MD, director of the National Center for Gender Issues and ADHD, fields questions and comments about behavior therapy as a means of treatment for attention-deficit hyperactivity disorder.

### Bizarro | Dan Piraro

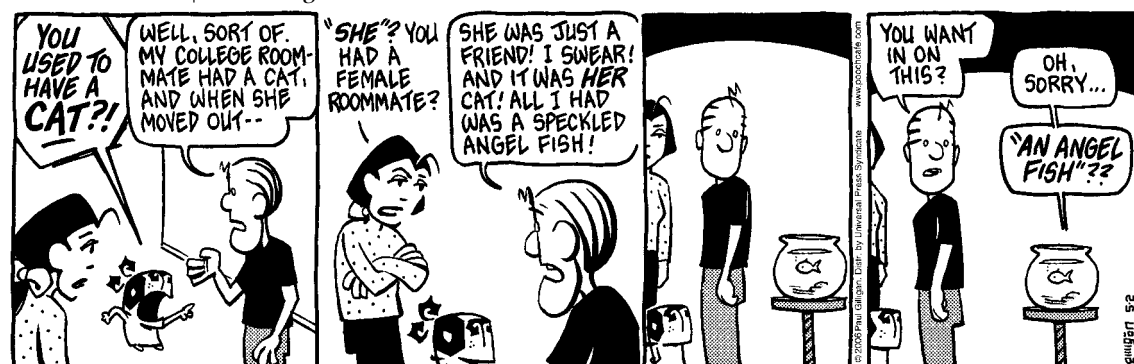


### Cornered | Mike Baldwin

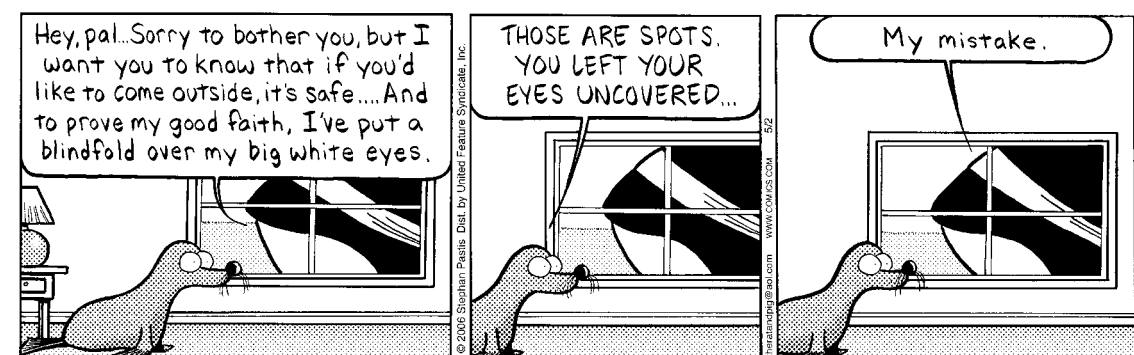


"Sorry to hear she left. Good thing you had her sign the pre-nup."

### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



**WRITE TO US:** Do you have something to say about events in the news or a story in today's newspaper? Send your thoughts to Express. Include your name, hometown (city and state) and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## GROCERY POLITICS

“We deserve better than Balducci's! ... We are now presented with an excellent opportunity to select (through community efforts) which grocer we want in our neighborhood.”

AFTER BALDUCCI'S PULLED OUT OF ITS PLAN TO OPEN A STORE IN PENN QUARTER, [GPLIVING.BLOGSPOT.COM](http://GPLIVING.BLOGSPOT.COM) SAYS THE NEIGHBORHOOD DESERVES TO COMPARISON SHOP FOR A REPLACEMENT.

## THE Blog LOG

## PARIS IS NOT A ROLE MODEL

“At this point, I'd make some kind of comment about how Paris Hilton should watch what she says because she's a role model to young girls. But, frankly, any young girls who view Paris as a role model deserve what they get.”

[EGOTASTIC.COM](http://EGOTASTIC.COM) COMMENTS ON HILTON SAYING THAT ENGLAND IS “SEXY” BECAUSE YOU CAN SMOKE ANYWHERE.

## STUNTS

“150 pounds of chains??? Oh, sweet Jesus better be watching over this fellow.”

[TABLOIDWHORE.BLOGSPOT.COM](http://TABLOIDWHORE.BLOGSPOT.COM) ON DAVID BLAINE'S HUMAN AQUARIUM STUNT, WHERE HE WILL HOLD HIS BREATH FOR 9 MINUTES.



## LIMITED EFFECT

“For gringos like me, today hasn't been much different than any other day in Northern Virginia. The Mexicans were still behind the counter at Burger King doing their best to mangle my order, the El Salvadoran cleaning lady still came at 2 p.m. to pick up my trash. Wasn't there supposed to be a boycott ... ?”

[SONOFCLOWNOPS.BLOGSPOT.COM](http://SONOFCLOWNOPS.BLOGSPOT.COM) NOTES THE MAY DAY IMMIGRANT RIGHTS' BOYCOTT DIDN'T AFFECT HIS SUPERIOR MOJO.

## A GOOD REVIEW

“Tangherlini is exactly what Metro needs now ... I hope the WMATA board ... remove[s] ‘Interim’ from his title.”

A [DCIST.COM](http://DCIST.COM) COMMENTER LIKES METRO'S NEW, BUT INTERIM GENERAL MANAGER, DAN TANGHERLINI, FORMERLY THE HEAD OF THE D.C. DEPARTMENT OF TRANSPORTATION.



**DO eat fruit.** Being a loud-and-proud vegetarian or obsessed-orthodox vegan is trending out; even carnivores have their own favorite meatless recipes. It's time to find the next diet-as-a-lifestyle fad; could the “fruitarian” movement ([fruitarian.com](http://fruitarian.com)) — i.e., eat raw fruit and nothing but — be it?

## Horoscope

By Stella Wilder

**TAURUS (April 20-May 20)** It won't be easy for you to re-establish trust with an old friend, but if you can be patient and work for it, your efforts will be rewarded.

**GEMINI (May 21-June 20)** Now is no time to separate yourself from others in any way. You will want to be a team player at all times, especially at home.

**CANCER (June 21-July 22)** Public talk may confuse you, but in private you should be able to get to the crux of an important personal issue. Ignore the rumor mill.

**LEO (July 23-Aug. 22)** Put together all puzzles with great care, and be sure you are interpreting clues accurately before coming to any real conclusions.

**VIRGO (Aug. 23-Sept. 22)** You may have to refuse someone else's request for a favor in the interest of promoting your own affairs — and protecting yourself.

**LIBRA (Sept. 23-Oct. 22)** Someone you've

known for some time will surprise you with behavior that is not exactly inappropriate, but certainly questionable.

**SCORPIO (Oct. 23-Nov. 21)** Take advantage of opportunities presented to you through unusual channels. The more bizarre something seems, the more rewarding it can be.

**SAGITTARIUS (Nov. 22-Dec. 21)** You may not be able to anticipate all that can happen to you, but if you keep your sights focused ahead, you will be satisfied.

**CAPRICORN (Dec. 22-Jan. 19)** You're going to need the details, so don't be afraid to ask. After some minor objections, you're sure to get exactly what you want.

**AQUARIUS (Jan. 20-Feb. 18)** You're likely to attract people into your orbit who are easily offended — so you had better be careful of what you say and do all day.

**PISCES (Feb. 19-March 20)** You're likely to face a formidable opponent, whether you expected it or not. If you trust your instincts, you can go the distance.

**ARIES (March 21-April 19)** It may fall to you to solve a mystery that has stumped even the experts. You have a unique outlook, which can light your way at all times.

## express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM

EDITOR—DAN CACCAVARO | DEPUTY EDITOR—GREG BARBER | ART DIRECTOR—SCOTT MCCARTHY | SECTION EDITORS—JENNIFER BARGER, ARION BERGER,

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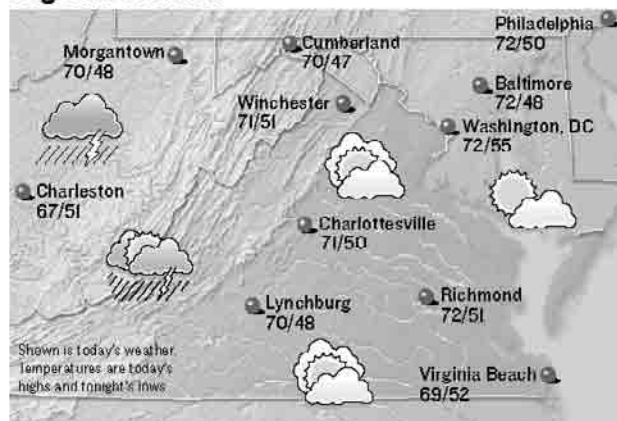
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## 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Partly cloudy	Partly sunny, warmer	Warm, chance of a thunderstorm late	Partly sunny, maybe a thunderstorm	Thunderstorms possible
72°	55°	77° / 57°	80° / 59°	75° / 55°	70° / 53°

## Regional Weather



Forecasts and graphics provided by [AccuWeather, Inc.](http://AccuWeather, Inc.) ©2006

## Almanac

Washington, D.C., through 4 p.m. Mon.

## Temperature

High	70°
Low	45°
Normal high	71°
Normal low	51°
Average humidity	39%

## Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.00"
Normal month to date	0.11"
Year to date	8.86"
Last year to date	13.84"
Normal year to date	12.32"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

## Regional Forecast

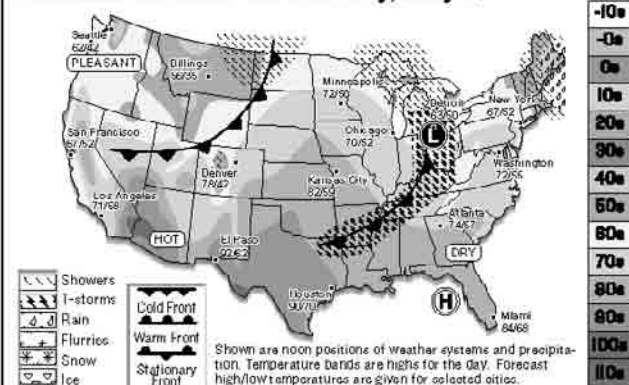
**D.C. Metro:** Today, partly sunny. High 72. Wind north-northwest 6-12 mph. Tonight, partly cloudy. Lows 47 in a few suburbs to 55 in the city.

## Sun and Moon

Sunrise today	6:09 a.m.
Sunset tonight	8:01 p.m.
Moonrise today	9:41 a.m.
Moonset today	12:45 a.m.



## National Weather for Tuesday, May 2



## National Cities

City	Today	Wed.
Atlanta	74/57/pc	82/61/pc
Boston	47/45/r	52/48/r
Chicago	70/52/pc	75/50/r
Dallas	90/69/pc	90/67/pc
Denver	78/42/r	63/39/pc
Honolulu	82/68/s	83/69/s
Los Angeles	71/58/pc	69/56/pc
Miami	84/68/pc	86/68/s
New York City	67/52/pc	71/56/pc
Orlando	84/60/pc	90/63/s
Seattle	62/42/s	66/44/s

## World Cities

City	Today	Wed.
Amsterdam	58/46/pc	64/58/c
Athens	66/55/pc	67/55/pc
Berlin	56/44/c	72/53/pc
Buenos Aires	63/43/s	66/46/s
Calgary	44/30/r	48/34/c
Dublin	52/43/r	54/46/c
Geneva	68/44/pc	73/50/pc
Moscow	58/32/s	60/42/s
Rome	68/50/pc	72/56/pc
Sydney	69/52/pc	71/51/s
Tokyo	63/48/r	71/50/s

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sr=snow, h=ice



# Look out

## A Dog's Life

### Pets

#### High-end dog foods bring out the healthy gourmet in your pooch

Oscar the Doberman isn't just a dog to Patrick Flannigan — he's part of the family.

So for Flannigan, pouring dry dog food out of a bag just doesn't seem fitting for the 10-year-old dog, especially while the family downs a meal fit for, well, humans.

Gourmet foods still account for only a fraction of the \$9 billion Americans spend annually on dog food. Still, over the last few years, big companies and small ones alike have begun to cater to the pampered pet with menus that approximate human food.

Nestle Purina rolled out last

**“It's no longer just enough to find a couple of tennis balls and say, 'You've been a good dog today.'”**

BOB VETERE  
AMERICAN PET PRODUCTS  
MANUFACTURERS ASSOCIATION

month a new line, Beneful Prepared Meals, which features eight entrees in flavors such as roasted chicken recipe with pasta, carrots and spinach and turkey medley with corn, wild rice, peas and barley. Another company, Me & Them Pet Bakery in Seymour, Wis., has a Web site that offers dog treats and meals made with “human-grade ingredients.” Dogs can munch on treats made



Oscar was one of the paws-on testers for Purina's new Beneful line of dog foods

of real tuna, peanut butter or oatmeal cookies, even a cake shaped like a bone.

“We use ingredients you would find in a fine restaurant,” said Ken Wilks, vice president of sales for Merrick Pet Care in Amarillo, Texas, which has offered a gourmet line since 2002. Its products include a pot pie made with chicken, snow peas and apples.

“The same experience you or I would get dining in a fine restaurant, we're providing for pets,” Wilks said.

“We asked consumers to come in and create what we would call their ideal wet dog food,” said Nina Leigh Krueger, director of the Beneful brand. “The key thing we learned was just how many grains and vegetables they put on the plate. They really felt these types of ingredients were important for their dogs.”

“There's a fairly large consumer segment that has an innate need to please their dog with a human-like food,” said Steve Crimmins, vice president of dog food marketing for Nestle Purina. “It's much better for them to get a nutritionally balanced food prepared for the dog than to supplement the dog food with table scraps.” JIM SALTER (AP)

# express



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# Styles

# LOOKout

A shirt from the Barbie by Anna Sui collection and a pendant from Tarina Tarantino are for women looking to recapture the look of their youth.



collection is for girls and the current spring collection features four "models": The Ibiza girl has a knit poncho with fringe and butterfly appliques, and camouflage-print capris; St. Tropez girl has denim Bermuda shorts with an empire-waist gingham top; the Osaka girl has a denim miniskirt, graphic T-shirt and vest that are decorated with a Japanese-style cartoon Barbie; and the Melbourne girl has a cropped track jacket and sporty skort.

Barbie Luxe, a line that debuted last fall, is intended for "girls of all ages." It currently features the same babydoll top and skinny jeans by Sui worn by the Anna Sui BoHo Barbie Doll.

Jewelry designer Tarina Tarantino added Barbie items to her collection, including a cameo, pink pearls, drop earrings and a rhinestone tiara. She was a Barbie fan as a child. "I loved my Barbie and all of her accessories as a little girl. Barbie lives in this pink sparkling world and has been an inspirational icon to many designers including myself," she said.

The jewelry is intended for adults, but Tarantino says her own daughters, ages 4 and 3, are quite excited about the project.

Tarantino also notes that in a fashion world full of sameness, highlighting favorite childhood icons actually allows the wearer to inject a little personality and individuality.

McDonald's, which only recently launched clothing licenses, has proven a best-seller, reports Intuition's Hersh. "When parents are buying it for their kids, you hear them say, 'I used to eat with your dad there,'" she says.

Celebrities are an even bigger factor here: "If you see Lindsay [Lohan] or Paris [Hilton] wearing it — if a customer sees one of them in a Rolling Stones' tongue T-shirt, then the customer comes in looking for that exact one," Hersh said. SAMANTHA CRITCHELL (AP)

The "Ibiza" look from the Barbie Loves Benetton collection

## Shopping

### Attention All Wal-Mart Models

**WAL-MART** is glamming up, starting with an ad campaign in the May issue of *Vogue* shot by photographer Patrick Demarchelier. But because Wal-Mart also didn't want to abandon its emphasis on "real" women, it chose actual Wal-Mart shoppers for the shoot instead of professional models. Kristina Deignan of Manassas wasn't exactly new to modeling, since she did some as a child,

but she'd never done a professional fashion shoot before. She was crowned Mrs. Virginia in 2003 and was first runner-up at the Mrs. United States pageant that year. (AP)



## Beauty



### Ready for This Jelly?

"Jiggly" is an adjective so rarely found anywhere near the world of fashion and beauty. But Lancôme's new **JUICY GELÉE** lip glosses (\$17) make *Jell-O* beautiful again. The pots look like they're strictly for the teen set (with names like Grape Jubilee, Pink Lollipop and Kiwi Kick), but the straight-from-the-80s neon hues go on with only a touch of color. The glosses are also refreshingly unsticky with a slightly sweet scent (each shade supposedly gets its own, but we only smelled one). The jelly-jar style of the packaging is also fun, and the gloss inside does jiggle amusingly. While the line doesn't reinvent the lip gloss, each pot seems like a little beauty treat for spring. KRISTEN PAGE-KIRBY (EXPRESS)

# Like Mother, Like Daughter

File UNDER Fad

## Clothing the generation gap

Fashion-conscious families are doing some cross-generational dressing.

Grown women are squeezing into miniature Barbie—or Hello Kitty—themed clothes, while their daughters can graduate to True Religion jeans (which can cost \$120) about the same time they give up diapers. Even some dads get into the act, buying his-and-his vintage rock concert T-shirts for themselves and their sons.

"For the working mom who is pretty much on top of trends, her kids become a reflection of who she is. You do for the kids what you'd do for your own wardrobe," said Jaye Hersh, owner of the hip Los Angeles boutique Intuition, which does indeed sell pricey denim for children and "Sesame Street" shirts

to moms.

"When you're walking down the street holding your daughter's hand, it makes you feel good when she looks good. It's like having the right car or the right handbag," she said. And for a cool matching mother-daughter look, there's no resistance to the high prices, she added.

With her trendy, upscale customers it doesn't take long for girls to develop their own fashion sense, but they certainly learn from their parents' example.

Mattel has teamed with both Benetton and Anna Sui for further fashion credibility for its Barbie duds.

The Barbie Loves Benetton







"Please, don't tell me I need dentures."

#### MILESTONES

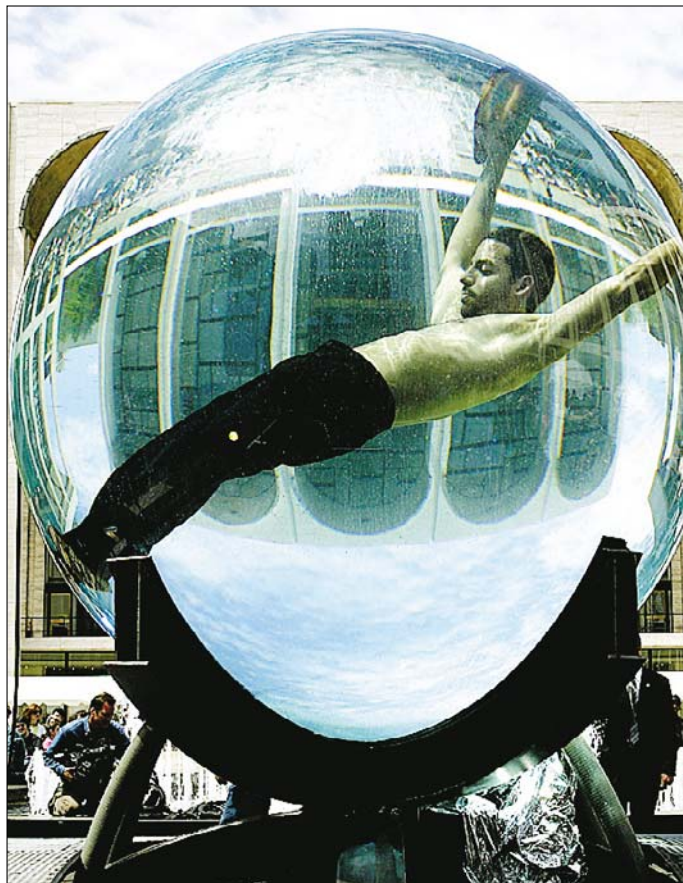
### In His Heart, He Also Thinks That Women Find Him Sexy

As long as he can sing and dance, **ENGELBERT HUMPERDINK** says, he'll never turn 70 years old — at least not in his heart. "I look at people who have turned 70 and I think I don't feel that way," said the British crooner who reaches the milestone today in his hometown of Leicester, England. (AP)

#### ADDICTION

### Rush to Lose Conservative Cred by Not Packing Heat

**RUSH LIMBAUGH** must submit to random drug tests under an agreement filed Monday that will dismiss a prescription fraud charge against the commentator after 18 months if he complies. He also must continue treatment for his acknowledged addiction to painkillers and he cannot own a gun. "Do you think if there was any real evidence, we would have reached a settlement?" Limbaugh said Monday on his radio show. (AP)



#### BUBBLE BOY

## Why Must He Do This Shirtless?

**DAVID BLAINE'S** latest stunt is spending a week living in an 8-foot acrylic sphere filled with water. The 33-year-old magician, shirtless and with an oxygen tube in his mouth, slid into his snow globe-like "human aquarium" Monday at Lincoln Center. In a week, he will remove the device and attempt to hold his breath underwater longer than the record of 8 minutes, 58 seconds. He also will try to escape from 150 pounds of chains and handcuffs during the finale, which will air live in a two-hour ABC special, "David Blaine: Drowned Alive," on May 8 (8 p.m. EDT). (AP)

#### POETRY

### Oprah: I'm Way More Serious Than That Tyra

**OPRAH WINFREY** made a rare public appearance to honor her "angel friend" — late teen poet and peace activist Mattie Stepanek. "Mattie lived the biggest, greatest life of anyone I've ever known. He lived his life with the light of love, and each of us has the power to do that in our own



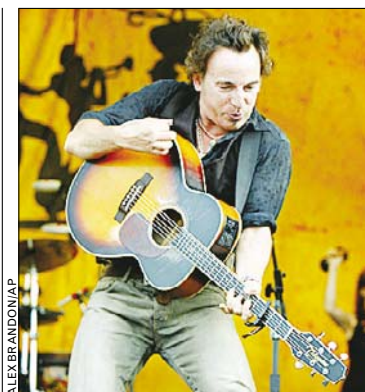
Oprah much prefers Mattie to James Frey.

way," Winfrey told 200 people gathered Sunday in Santa Barbara. The event was a celebration of 13-year-old Stepanek, who published several books before his death from muscular dystrophy in 2004. The teenager's final publication is the posthumous "Just Peace: A Message of Hope." (AP)

#### THE BOSS

### Bush to Ask Advisors About This Mystery President

**BRUCE SPRINGSTEEN** vocalized the anger, frustration, and resilience of New Orleans at the annual Jazz & Heritage Festival Sunday. Decrying what he called "criminal ineptitude" in Hurricane Katrina's wake, Springsteen jabbed at the political powers he deemed responsible for New Orleans' slow recovery. He dedicated the song "How Can A Poor Man Stand Such Times and Live?" to "President Bystander." (AP)



Sounds like Bruce and George Clooney would get along.

#### TELEPROMPTER SKILLS

### Alba Continues to Taunt Teenage Boys By Making Headlines While Clothed



**JESSICA ALBA** has a new starring role: host of the MTV Movie Awards. "It's always a crazy, fun show, and I can't wait to be right in the middle of the action," the 25-year-old actress said Monday in a statement. Alba is nominated for three golden popcorn trophies — sexiest performance for "Sin City" and best hero and best on-screen team with Michael Chiklis, Chris Evans and Ioan Gruffudd for "Fantastic Four." It will air June 8 (9 p.m. EDT). (AP)



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# LOOK out

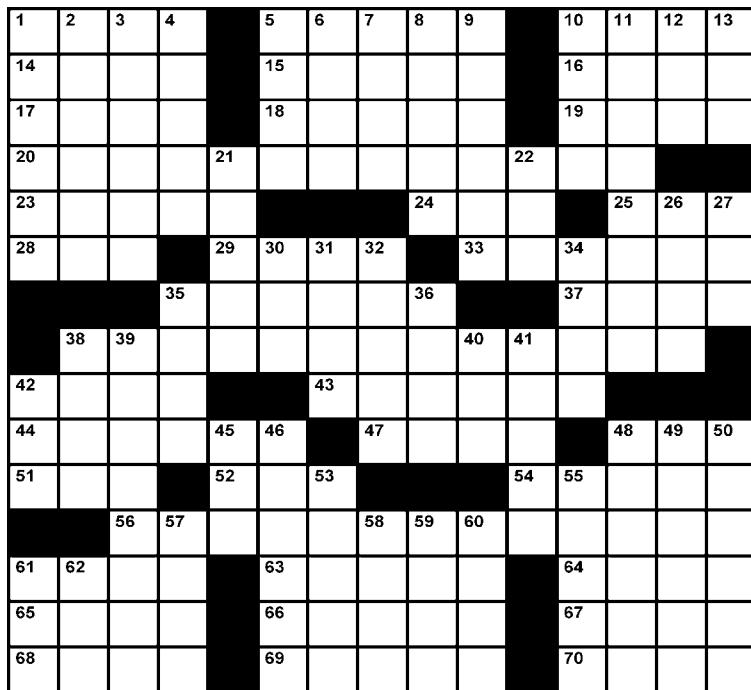
## We're Rolling | Edited by Timothy E. Parker

### ACROSS

- 1 Glacier  
breakaway  
5 Heated conflict  
10 Singer/  
songwriter Mitchell  
14 Part of it makes  
blue eyes blue  
15 Drug from  
poppies  
16 \_\_\_ about (circa)  
17 Starter starter  
18 Charles de  
Gaulle's birthplace  
19 Mother of Helen  
of Troy  
20 Colorful signals  
23 Aromatic  
compound  
24 Not quite a  
birdie  
25 Egypt and Syr.,  
once  
28 Certain female  
animal  
29 Workplace  
safety gp.  
33 Like sheepdogs  
35 On dry land  
37 Trim away  
38 Vacationer's  
purchase, perhaps  
42 Wind  
instrument  
43 Type of ball  
44 Nifty type of  
smell  
47 Word with block  
or map  
48 Theologian's  
sch.  
51 Certain Siouan  
52 Flunky's answer  
54 Italian isle  
56 What some  
films contain
- 61 Ray of "The  
Green Berets"  
63 On video  
64 Sight from  
Buffalo  
65 Coach Ewbank  
66 Sound  
beginning?  
67 Multiple-choice,  
e.g.  
68 Colorful parrot  
69 Annoyingly  
troublesome  
70 Homophone for  
seize

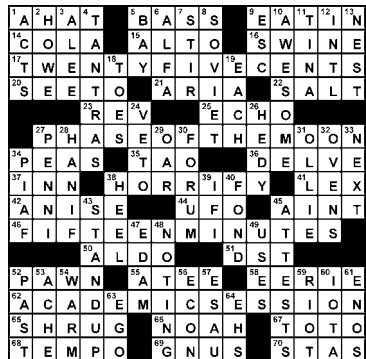
### DOWN

- 1 Caught in the  
act  
2 "Be it \_\_\_  
humble ..."  
3 Connect, in a  
way  
4 Blooper  
5 Big moments at  
The Met  
6 Like some  
proportions  
7 Work the earth  
8 Sign of spring  
9 Some sorority  
women  
10 Sudden impact  
11 Request at  
Starbucks, perhaps  
12 Gesture of  
assent  
13 Financial nest  
egg  
21 Winter blanket?  
22 Royal acronym  
26 Taj Mahal city  
27 Type of bread or  
grass  
30 \_\_\_ Na Na  
31 \_\_\_ Kong



- 32 Pianist  
Rubenstein  
34 Imitator  
35 "Wait just \_\_\_!"  
36 Prefix meaning  
"outer"  
38 Sarcastic  
response  
39 "Oh, that's  
why!"  
40 One day \_\_\_  
time  
41 Battlefield  
worker  
42 Lennon's love  
45 Writer Rand  
46 Get some
- shut-eye, e.g.  
48 Evening party  
49 Kay Thompson  
character  
50 Some French  
paintings  
53 Like several-  
days-old bread  
55 Galley orders  
57 "\_\_\_ Dooby"  
(Roy Orbison hit)  
58 Goes for  
59 Exec's extra  
60 "\_\_\_ at the  
Races"  
61 Hole punch  
62 Late July baby

### Yesterday's Solution



## Today in History

**1519** Artist Leonardo da Vinci died at Cloux, France.

**1936** "Peter and the Wolf," a symphonic tale for children by Sergei Prokofiev, had its world premiere in Moscow.

**1945** The Soviet Union announced the fall of Berlin, and the Allies announced the surrender of Nazi troops in Italy and parts of Austria.

**1957** Sen. Joseph R. McCarthy, the controversial Republican senator from Wisconsin, died at Bethesda Naval Hospital.

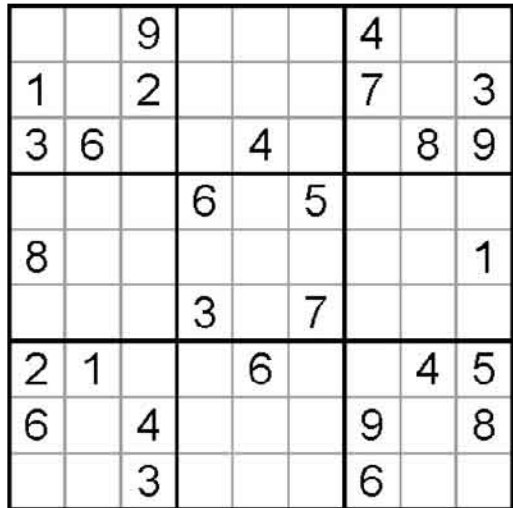
**1994** Nelson Mandela claimed victory in the wake of South Africa's first democratic elections; President F.W. de Klerk acknowledged defeat.

## Su | do | ku | © Puzzles by Pappocom

Degree of Difficulty: MEDIUM

Fill in the boxes so that each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

### Yesterday's Solution



**Can't get enough Sudoku?** Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

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Walk to Cure Diabetes on Sunday May 7, 2006. Registration begins at 8:30am at the National Mall. To register or get more information, visit [www.jdrfcapitol.org](http://www.jdrfcapitol.org) or call 202-371-0044.

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# fit

GOODS

## Hair Supply



Force your unruly ponytail to behave with these new sports hair wraps and elastics | **E3**

NUTRITION

## Cruising the Bars



Snacks that prove square meals can come in a rectangular package | **E11**

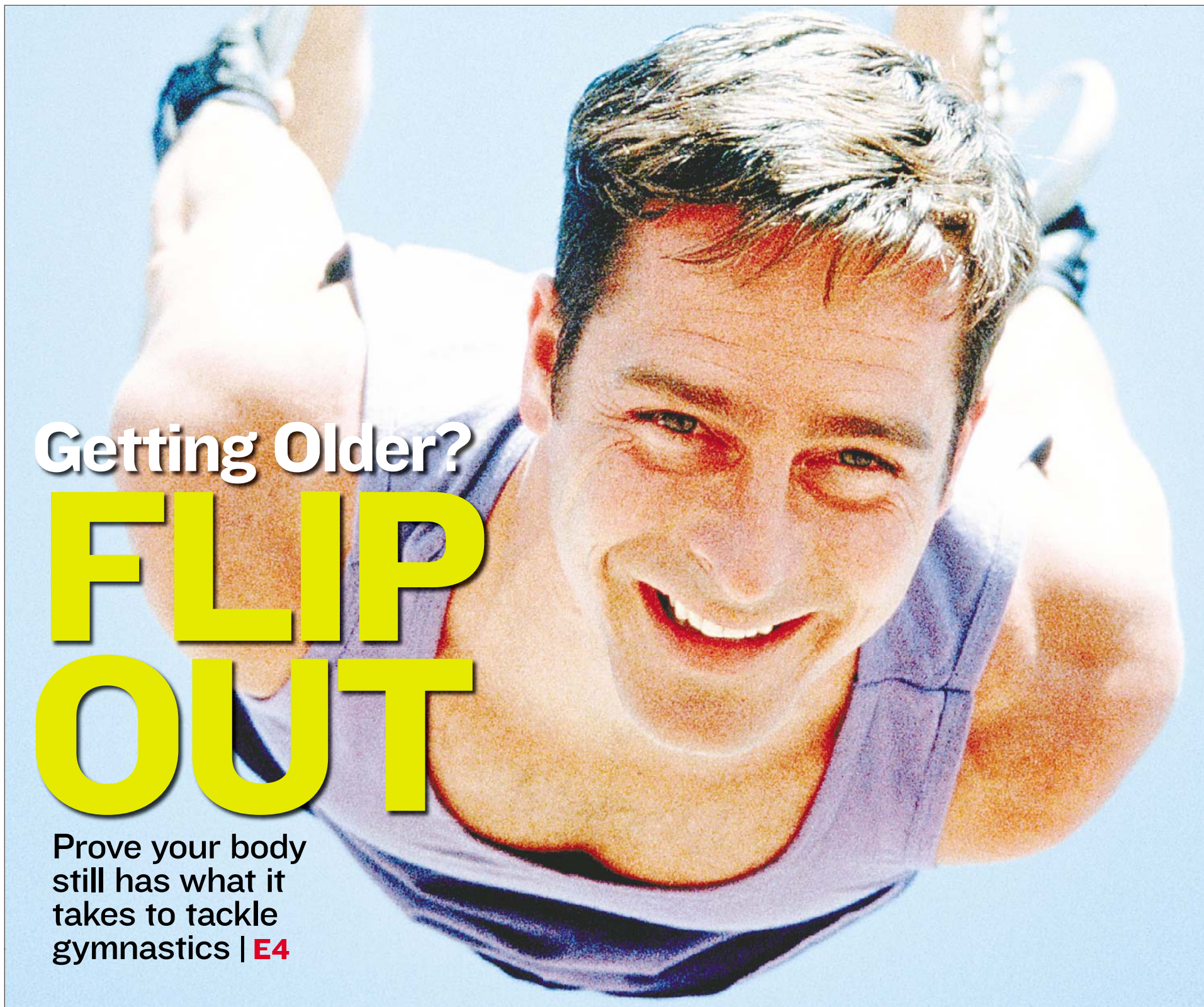
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Getting Older?

# FLIP OUT

Prove your body still has what it takes to tackle gymnastics | **E4**



GETTY IMAGES



# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Flying High in Relationships and Airplanes

**Q** I have found myself in a very confusing situation — I guess you could call it an affair. This individual has a partner, but he told me that they have an “arrangement,” meaning that things are open. I’ve been attracted to this person from the moment I laid eyes on him and have gotten to know him quite well. I’ve grown quite fond of this guy, and I’ve stumbled into a physical relationship with him — something I vowed I would never do. But I think I may love him. I honestly don’t know how this person feels about me, and truth be told, I don’t even know if he considers me a serious part of his life. Am I wrong to have allowed myself to develop feelings for him? —DOWN IN D.C.

This isn’t an issue of right and wrong; after all, you’re with someone who claims that he’s honest-



ERIC REECE

ly available. But it is an issue of your serenity versus your beating your head against a floor of stalagmites.

You’re falling for someone who gives you no reason to believe that he’s as into you as you’re into him; you’re not sure he even considers you a “serious” part of his life. That

there is problem enough. And the existence of his “partner?” Just adds to the fun. Be honest with yourself about what you want. A boyfriend who doesn’t sleep with someone else? A guy who lets on a bit more about his feelings than you’d get just by shaking a Magic 8 Ball? A man who doesn’t consider you the oppo-

site of “serious” (which means you’re, like, what? An episode of “Rhoda?”) Once you can admit what you want and convince yourself you deserve it, you’ve got to get some answers from him about what he’s willing to give. This is the hard part, of course; sadly, we both know that it’s somewhat unlikely he’s going to suddenly declare that he only has eyes for you via a mandolin serenade outside your window. But the choice will be yours. Don’t settle for less than you deserve. The pain will be greater at first, but you’ll save yourself a tank-load later — and you’ll respect yourself more in the morning.

**Q** I have a horrible fear of flying, which after September 11th has obviously gotten a lot worse. I am in the position to possibly be promoted in my office, which would lead to a significant amount of travel. I am wondering if this is simply out of the question — right now, I would give up any and all professional advancement if it meant having to fly frequently; I’m really that terrified — or if there realistically is help for people out there like me. —ARLINGTON

Perhaps you can hitch a ride on the John Madden bus?

Seriously, there’s help out there for you, and it’s huge. Cognitive-behavioral therapy can work wonders in treating what are called

**It’s unlikely he’s going to suddenly declare that he only has eyes for you.**

“simple” phobias like yours — heights, flying, closed spaces, spiders, snakes, Pokemon. The therapist will use a combination of relaxation techniques, thought exercises and behavioral assignments to work you up to stepping through security, marching to your gate and settling into a cramped middle seat. Before you know it, you’ll be bemoaning the lack of legroom like the rest of us.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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Free week may be redeemed on first visit or exchanged for special first membership discount. Free week offer not valid with any other offer. Free Week offer valid only at participating locations. ©2006 Curves International



## ↑ No Kids Napping Here

**JUST SPITTING OUT THE NAME** "The Let's Just Play Go Healthy Challenge" has to burn some calories, right? The five-month miniseries, which debuted Sunday night on Nickelodeon, follows four youngsters, ages 11 to 14, as they serve as active ambassadors to their communities by working toward a health goal, like finding more ways to get physically fit. The idea is they'll inspire their peers to turn to [nick.com/letsjustplay](http://nick.com/letsjustplay), where they can find tips like, "poll your classmates to find out if they would buy fruits and vegetables as a snack." Catch up with the gang each Sunday at 8:30 p.m.



## ← The Cheaper The Juice

**HEALTHY HIPSTERS ACCESSORIZE** their Juicy Couture with pricey bottles filled with blood red pomegranate juice. But if you're not eager to blow all of your cash on the moment's "it" fruit, Old Orchard has your back. The company has just introduced 64 oz. shelf stable bottles of pomegranate juice (along with black currant), and at \$7 a pop, that's about half the price of the fancier stuff — although with all of the same antioxidant amazingness. The size may be a problem if you'd like to carry the stuff with you at all times, but you could always dump small doses into a name brand bottle. Save your extra cash for clothes.

## Going for Light at Night

Advice for campers in search of a lightweight tent

**WHEN HIKING, YOU** don't want to throw your back out lugging around your tent. Problem is, when you go to the store, all the tents claim to be "lightweight," and you can't figure out which one is least likely to give you a hernia. First, figure out if you

want a four-season tent, explained Ted Fryberger, a hike leader with the Metropolitan Washington Regional Outings Program. Unless you're planning on setting up shop on a snowdrift, probably not — a three-season tent will do fine. Next, decide if you really need the "extremely light" single-wall design. Double-wall tents are typically just a pound more, but cost significantly less.



The Clip Flashlight Tent from Sierra Designs (\$170) is a popular choice.

Be careful going down to a one-person tent just to save weight; you'll want something you can at least sit up in. To make sure you've got space, check the specs for floor area; many stores such as REI have comparison sheets.

In general, Fryberger recommends Sierra Designs — particularly the Clip Flashlight — and The North Face for their durability. If you're just starting out and worried about messing up, consider renting first to check it out before you buy.

CHRIS MINCHER (EXPRESS)

## → Power Ponytail

**THE FLIMSY ELASTICS** that hang out on your wrist are pretty much useless when you're jogging, jumping or jostling your body through a workout. Strands of hair escape and you end up looking like Medusa, except sweatier and more disheveled. So Goody has gone athletic by introducing a line of sturdy — and yet oddly stylish — elastics and hair wraps that have treads to make sure they stay where they're supposed to be. We put them to the test during a gym visit, a yoga class and a day about town, and never had to adjust once.

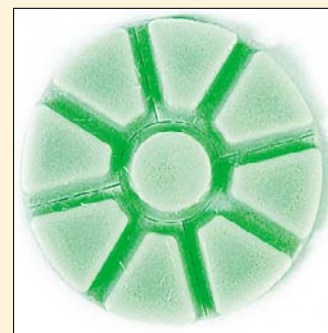
## → Coming Clean

**FIRST, THE GOOD NEWS.** "Naturally Clean: The Seventh Generation Guide to Safe & Healthy, Non-Toxic Cleaning" (\$16, New Society Publishers) advocates stopping the use of almost every product you have in your arsenal of cleaning supplies. But here comes the bad news. The stuff could be giving you cancer, asthma or a host of other medical maladies. And there's more: You still have to clean up, except without your beloved toxic supplies. The book offers plenty of suggestions on how to do that though. A "natural cleaning cupboard" should instead stock items like beeswax (furniture wax) and citrus fruits (grease cutter, flea repellent). Want to wash your windows? Mix two cups of water with a quarter cup of distilled vinegar and put it in a spray bottle. And you'll be ready to keep tidy should there ever be a shortage of Mr. Clean.



### PRODUCTS

## GuineaPig



## Patching Up Pain Problems

**THE OXYMORONICALLY NAMED** Icy Hot, maker of patches and gels for muscle aches, has gone all out with Pro Therapy, a mix-and-match system of knee and back braces with hot, cold and medicated inserts. Cold decreases inflammation, while hot relaxes tight muscles; medicated purports to start icy and become warm.

We tried the \$8.50 knee wrap, which comes with four menthol-medicated pads. (The knee brace, \$25, is a heavier-duty product; the wrap is some gauze with Velcro.) The pad is scored in eight places to hug the knee, giving it the look of a mutant Trivial Pursuit game-piece. Like most menthol products, it blows through the sinuses like a freight train. But if you're an allergic type, it could instigate a massive sneezing attack.

We wore it while driving in D.C. traffic, an activity that has permanently inflamed our right knee. It was nice and comfy, and replaced the pain with that burning-but-cold menthol sensation. It couldn't be seen under baggy pants, but this season's stovepipe-leg jeans are going to show a big old bulge; the back brace is even harder to hide. HOLLY J. MORRIS (EXPRESS)

### VITALSTATS

# 369

NUMBER OF COUNTIES THAT HAVE UNHEALTHY LEVELS OF SMOG OR SOOT IN THE AIR, THE AMERICAN LUNG ASSOCIATION REPORTED.



# Third HealthierUS Fitness Challenge

Saturday, May 6, 2006 • 8AM to 12 Noon • RFK Stadium

Free/Open to the Public

For all ages and abilities

(special welcome to kids, seniors, military, veterans)



The **PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS**  
and the **FITNESS CHALLENGE FOUNDATION** Invite You to Celebrate

**NATIONAL PHYSICAL FITNESS AND SPORTS MONTH (MAY) and  
THE PRESIDENT'S COUNCIL'S 50TH ANNIVERSARY (1956-2006)**

- HealthierUS FITNESS CHALLENGE 5K RUN/WALK/BIKE RIDE
  - 7:00 am: FREE Onsite registration
  - Register online by May 5: [www.fitnesschallengeinfo.com](http://www.fitnesschallengeinfo.com)
- 8-12 Noon – Ongoing Fitness Demos and Classes; Interactive Sports and Games; Exhibits; Free Health Screenings and Publications
- 11AM – HealthierUS Veterans Kick-off, Special Guests, Surprise Celebrities
- For Further Information Visit: [www.fitness.gov](http://www.fitness.gov) or [www.fitnesschallengeinfo.com](http://www.fitnesschallengeinfo.com)

RFK Stadium Parking Lot 7 – 2400 E. Capitol St., SE. Metro to Stadium Armory Station (Orange/Blue Lines); Park free



# Healthier U.S. Fitness Challenge Kicks Off National Physical Fitness and Sports Month

On Saturday, May 6, 2006, the President's Council on Physical Fitness and Sports and the Fitness Challenge Foundation will co-sponsor the HealthierU.S. Fitness Challenge, a free health and fitness festival that is open to the public (8:00 a.m. to 12 noon, RFK Stadium Parking Lot 7).

Festival activities will include ongoing fitness demos and classes, interactive sports and games, and a non-competitive 5K walk/run/bike ride for kids, parents, educators, and community members of all ages (register onsite at 7 a.m. or online at [www.fitnesschallengeinfo.com](http://www.fitnesschallengeinfo.com) by May 5). Over 50 exhibitors will offer free health screenings, publications and give-aways. A special welcome is extended to school groups, senior activity centers, faith-based groups, members of the military and veterans and their families.

The festival kicks off National Physical Fitness and Sports Month and celebrates the 50th Anniversary of the President's Council on Physical Fitness and Sports (1956-2006) and the 10th anniversary (1996-2006) of Physical Activity and Health: A Report of the Surgeon General.

At 11:00 am at the festival, the U.S. Department of Veterans Affairs will kick off HealthierUS Veterans, a partnership to help veterans and their families get healthy through physical activity and sound nutrition. The Department, which provides health services and benefits to American veterans, celebrates its 75th anniversary in 2006.

**Partners to Get America Moving in May.** To celebrate the 50th Anniversary of the President's Council on Physical Fitness and Sports and observe the tenth anniversary of the Surgeon General's 1996 landmark report, the President's Council on Physical Fitness and Sports is recognizing the valuable contributions and efforts of the many organizations and colleagues who have worked with the Council during its first fifty years.

According to Melissa Johnson, executive director of the Council, "We've established a partnership opportunity, '50th Anniversary partners to get America moving,' to recognize the valuable contributions in health and fitness of our longstanding colleagues and friends and to establish relationships with new partners who are doing this vital work today. For those who say they have no time to be active, we answer that the man who is arguably the world's busiest person, the President of the United States, understands how important it is to make time for physical activity in his day. If there were a prescription medication that produced all the health benefits of daily physical activity, everyone would take it. Physical activity is truly 'the magic' pill."

**A Healthier Nation.** Since President Dwight D. Eisenhower founded the President's Council on Physical Fitness and Sports in 1956 as the President's Council on Youth Fitness, all U.S. presidents have shown concern about the general lack of physical activity in the United States, particularly among American children.

President George W. Bush's HealthierUS initiative encourages every American to achieve a better and longer life by increasing personal fitness and becoming healthier by adopting four simple behaviors: be physically active every day; eat a nutritious diet; get preventive screenings; make health choices/avoid risky behaviors. People of all ages, backgrounds and abilities can become physically active and fit without having to become elite or competitive athletes. By taking small steps, anyone can lower the risk of premature death from debilitating chronic disease and improve overall health through regular physical activity.

**National Physical Fitness and Sports Month.** In 1983, President Ronald Reagan, a physically-fit man well-known for wood chopping and horseback riding on his California ranch, signed a proclamation designating May as "National Physical Fitness and Sports Month." Since that time, the President's Council on Physical Fitness and Sports has been celebrating the occasion, often using the shorter term "May Month." Traditionally, May Month has always been kicked off each year in Washington, D.C. When Arnold Schwarzenegger was chairman of the President's Council on Physical Fitness and Sports, appointed by President George H.W. Bush, the May Month kick-off was held at the White House, with the "Great American Workout" on the South Lawn.

During May Month, the Council partners with many national and local organizations to get the word out and present programs. For organizations such as local community centers, fitness clubs, employee fitness associations, businesses, and many others, May Month is an opportunity to focus on the importance of physical activity. Organizations can select any day or week within May to put on special events to attract their members and the communities. May Month also offers an incentive for inactive people to begin make movement part of everyday life.

In 2004 and 2005, the President's Council on Physical Fitness and Sports celebrated the HealthierUS Fitness Festival on the National Mall. This year's festival at RFK Stadium gives exhibitors and fitness professionals the opportunity to demonstrate a wide variety of equipment and activities people can use to improve their physical fitness by staying active.

The Council encourages everyone not already active to participate in some kind of physical activity during May Month. There's no need to become a marathoner. Just 30 minutes of daily moderate physical activity on five or more days a week lowers the risk of developing chronic diseases such as heart disease, cancer, stroke, high blood pressure, and diabetes. The 30 minutes can be broken up into 10-minute segments throughout the day, and the activities can be whatever gets a person moving, such as taking a brisk walk, dancing, biking, swimming, or even chasing the kids around the yard in a game of tag, raking leaves, taking stairs instead of elevators, and parking farther from your destination than walking the extra steps. Over time, all the physical activity adds up to better health.

The President's Council on Physical Fitness and Sports encourages local organizations such as schools, recreation departments, or clubs to plan May Month events such as fitness fairs, wellness festivals, lectures, film showings, distance or fun runs and walks, or fitness and sports testing. State and local officials can also proclaim a day in May as Physical Fitness and Sports Day, and observe community health and fitness events under that umbrella. Tips and Guidelines for sponsoring May Month Events are available on the President's Council's Web site, [www.fitness.gov](http://www.fitness.gov). The site includes a 'Tool box,' which contains a 'Contract to Get Active,' a press release, a calendar of health and fitness events for May, and other resources. For more information, contact the President's Council on Physical Fitness and Sports - (202) 690-9000.



## NATIONAL PHYSICAL FITNESS AND SPORTS MONTH, 2006

A Proclamation by the President of the United States of America

For 50 years, the President's Council on Physical Fitness and Sports has helped individuals, schools, communities, businesses, and organizations promote healthy lifestyles. During this year's National Physical Fitness and Sports Month, we celebrate the Council's 50th anniversary and underscore our Nation's strong commitment to health, physical activity, and fitness.

President Dwight D. Eisenhower founded the President's Council on Youth Fitness in 1956 to encourage America's youth to make fitness a priority. He wrote that year, "Our young people must be physically as well as mentally and spiritually prepared for American citizenship." The Council later became the President's Council on Physical Fitness and Sports, including people of all ages and abilities and promoting fitness through sports and games.

Today, the Council continues to play an important role in promoting fitness and healthy living in America. My HealthierUS Initiative provides simple steps to help citizens live longer and better lives, and millions of young people and adults have participated in the President's Challenge awards program. The Council's website, [fitness.gov](http://fitness.gov), has information about these programs and other ways Americans can improve their health through physical activity. By exercising regularly and maintaining healthy eating habits, individuals can feel better and reduce their risk of chronic health conditions like obesity, diabetes, heart disease, and cancer. An active lifestyle also creates opportunities for friends and family to spend time together and enjoy various forms of exercise, such as biking, hiking, and team sports. The medical benefits, increased self confidence, and stress reduction that can come from athletic activity help contribute to a healthier, more productive Nation.

I urge children, teens, and all Americans to make time every day for exercise and to encourage family, friends, and neighbors to live healthier lives by participating in physical fitness activities. As President Kennedy said at the 1961 Youth Fitness Conference, "We do not want in the United States a nation of spectators. We want a nation of participants in the vigorous life."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim May 2006 as National Physical Fitness and Sports Month. I call upon the people of the United States to make daily exercise a priority. I encourage individuals, community organizations, and schools to celebrate with physical and athletic activities and to work toward the great national goal of an active, fit America.

IN WITNESS WHEREOF, I have hereunto set my hand this nineteenth day of April, in the year of our Lord two thousand six, and of the Independence of the United States of America the two hundred and thirtieth.

GEORGE W. BUSH



| THE EXPERT'S

## TrainReaction

## Child's Play

**Q** My 12-year-old son is very overweight, and he hates physical activity. I'm afraid it will affect his health in the future. What can I do to motivate him to exercise?

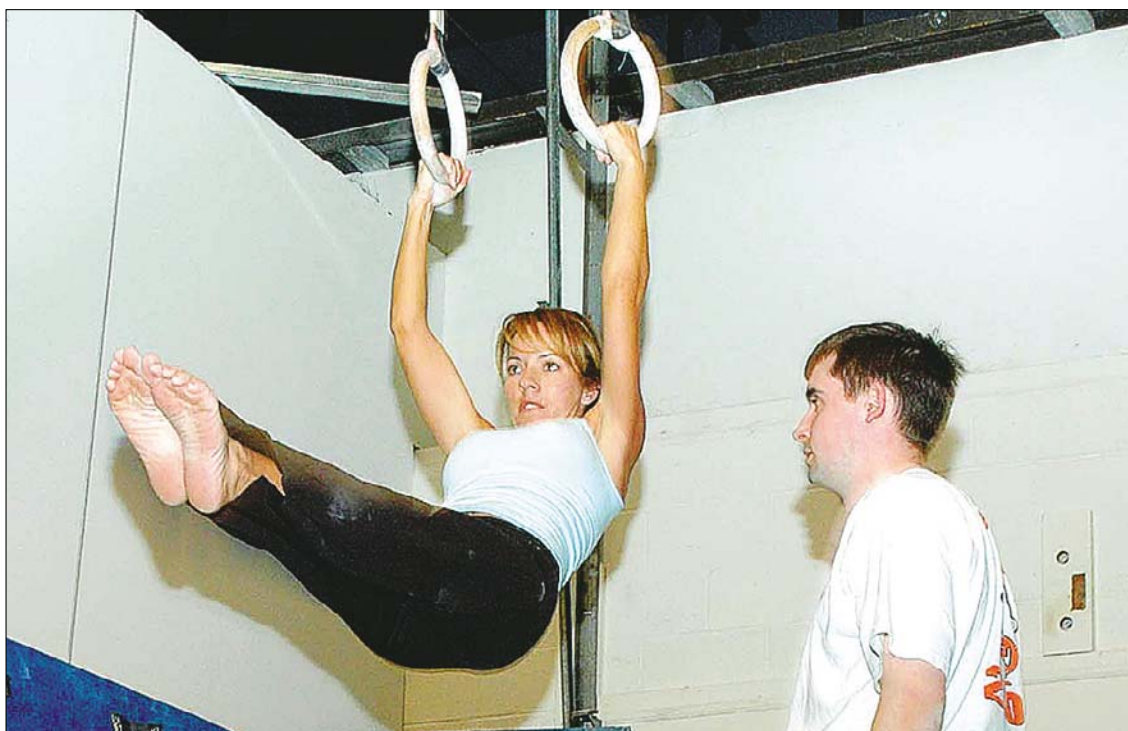
**THE KEY TO MOTIVATING YOUR** children to exercise is to make it fun. If you have a gym membership, I recommend hiring a personal trainer to assist your overweight youngster. An educated trainer will know how to incorporate stability balls, wobble boards, foam rollers and other "toys" to make training entertaining for kids of all ages. It is most important that you avoid heavier "resistance training" until your child is at least 14 or 15 years old. If they have not filled in the majority of the growth centers



Get the ball rolling early with tykes.

in their bones or hit puberty yet, your children should only perform body weight type exercises, like push-ups, pull-ups, jumping, running and wrestling. Once your kids start lifting, for each exercise they should use weight that is no greater than 50 percent of their one-repetition maximum. If the gym is not an option, or your children are too young to become members, encourage them to take part in team sports. Not only will they lose excess body fat by going through practices every day, but they will also create a work ethic and social skills that will last a lifetime.

**Matthew Blair Davis** is an award-winning personal trainer and president of **Functional Revolution Fitness** ([functionalrevolution.com](http://functionalrevolution.com)), which provides private personal training for Northern Virginia and D.C. E-mail him at [matt@functionalrevolution.com](mailto:matt@functionalrevolution.com).



LADY OF THE RINGS: Adult gymnastics coach Tim Preston, right, teaches this mother of four how to soar on the rings.

# Adult Acrobatics

## Grownups decide gymnastics isn't just for kids

**Lugging a thick blue mat to the front of a springboard, coach Tim Preston announces, "OK, we're going to use the big and squishy." But the line of students preparing to fling their bodies into the air to practice vault last week weren't the usual crowd of kiddies at Gaithersburg's Preston Gymnastics. In fact, many of them have children of their own.**

"We were always picking up our kids here. So one of the moms decided we should do our own class," explained 39-year-old Katy Gruber, a mother of four who looked more like a high schooler in her perky pigtailed and a tight tee. Preston finally succumbed to their pestering two years

ago. "I thought I was going to be stuck doing forward rolls and cartwheels," he said.

To his shock, the students in his adult class — who range from former gymnasts to curious folks who've never stepped foot on a balance beam — now routinely perform incredible stunts, like back flips and front handsprings.

The idea of grownups attempting a sport so associated with tots and teens may seem absurd. But while adult gymnastics is only offered at a handful of gyms in the area, leaving puberty behind doesn't mean forgoing flipping. "It's just not as easy as it used to be, because it puts a lot of pressure on your joints and body," explained Angela Boyle, who began

teaching an adult class at Skyview Gymnastics in Mount Airy two years ago.

With the right conditioning and stretching, older bodies can manage impressive tricks. Gruber, for instance, can do front flips off the tumble track (a long trampoline). "My son thinks that's pretty cool," she said. But students have to know their limitations. Phillip Mandalou, recreational director at Columbia Gymnastics, has a student in his 30s who desperately wanted to master the pommel horse. "That's one of the most difficult apparatus. Those guys he's seen do it on TV are working out five hours a day, every day," Mandalou said. "So he's never going to be able to do it like them."

Even if adult gymnasts set the bar lower than they would have when Mary Lou Retton was the rage, they can still aim for a perfect 10 body. Warm ups target flexibility, the tumbling hones agility and power, bars tackle strength and the conditioning that's part of every gymnastics class tightens abs and other muscles.

After just a month and a half of classes with Preston, Mani Hassan, a 23-year-old former personal trainer, says no sport he's ever done has rivaled gymnastics. "Your entire body feels it. It's great for weight loss, stamina, speed. It's the best

### TUMBLE TIME

- Preston Gymnastics offers adult classes Mon. at 7:45 p.m. and Fri. at 7 p.m. (7967 Cessna Ave, Gaithersburg, 301-948-0827, [prestongymnastics.com](http://prestongymnastics.com)).
- Skyview Gymnastics welcomes adults Mon. at 8 p.m. (2603 Back Acre Circle, Mount Airy, 301-829-7998, [skyviewgymnastics.com](http://skyviewgymnastics.com)).
- Columbia Gymnastics has its adult session Mon. at 8 p.m. (9200 Rumsey Rd., Columbia, 410-964-2053, [columbiagymnastics.com](http://columbiagymnastics.com)).

thing out there," he said. And though the last time he tried gymnastics was during gym class in third grade, Hassan (who's 6'6") is already doing aerial cartwheels.

If you're not an uber-athlete like Hassan, it's better to start with simpler moves. Mandalou, who's been teaching adults for 20 years, begins with the handstand. "It's a skill most people associate with gymnastics and the ability to be inverted and know where you are comes in handy," he said. And even if adult gymnasts were to stop there, they'd definitely be able to impress their buddies at the next cocktail party.

VICKY HALLETT (EXPRESS)

## running for congress

■ Rep. Jack Kingston

**U.S. REP. JACK KINGSTON (R-GA)** rocks an iPod on his Web site, along with his top 10 tunes (including "Hey Ya," "Love Shack" and several ditties representing his home state of Georgia). But don't expect him to wear a music player while he sweats. He has to avoid the terrifying drivers of Washington, D.C. v.h.



**"I like turkey hunting.** It's not really exercise, but it gets you moving. If you're fortunate enough to kill a 20-pound turkey, you have to carry it home."

**"It's not a matter** of recreation, it's a health care question. You need exercise even if it's running through the airport with my hands full of luggage. Your health is as important as a BlackBerry or a cellphone in this job."

**"I love to give** the Democrats grief when I'm at the House gym. I give them my friendly assessment of Nancy Pelosi's leadership when I'm in there lifting weights."

**"There's so much traffic** when I run I feel I'd better be aware of who's going to run me over next. It's like I have a target on my back saying, 'Hit the Congressman.'"



# Rocking the Boats

Take to the Tidal Basin to buff your lower body

Putzing around in a paddleboat may not seem like exercise, but turns out a legitimate fitness activity lurks in Washington's tourist-infested waters. "There are lots of cardiovascular benefits" to an hour-long spin around the Tidal Basin, said Jimmy Adams, a manager at BodySmith Personal Training Gym in Logan Circle. Because the activity works all major muscle groups in the legs, Adams said paddlers can burn calories and fat while increasing cardiovascular endurance. Not too bad for an hour of splashing around.

**MOVES:** Start by cycling around the perimeter of the pond. The lap should take about 40 minutes, leaving 20 minutes of the hour-long rental period for a dash across the widest part of the Basin. Keep pedaling speed consistent for the duration of the workout: Sprinting and stopping won't keep the heart rate up. For an extra challenge, try paddling into the wind.

**WORKOUT:** Paddle alone in a two-seater boat for a calorie-burning workout. (Paddling with a partner means halving your effort, thus decreasing aerobic benefits.)

For a strength-training workout, tow a few passengers in the four-seater model. The extra weight ratchets up resistance on the leg muscles. Said Adams:

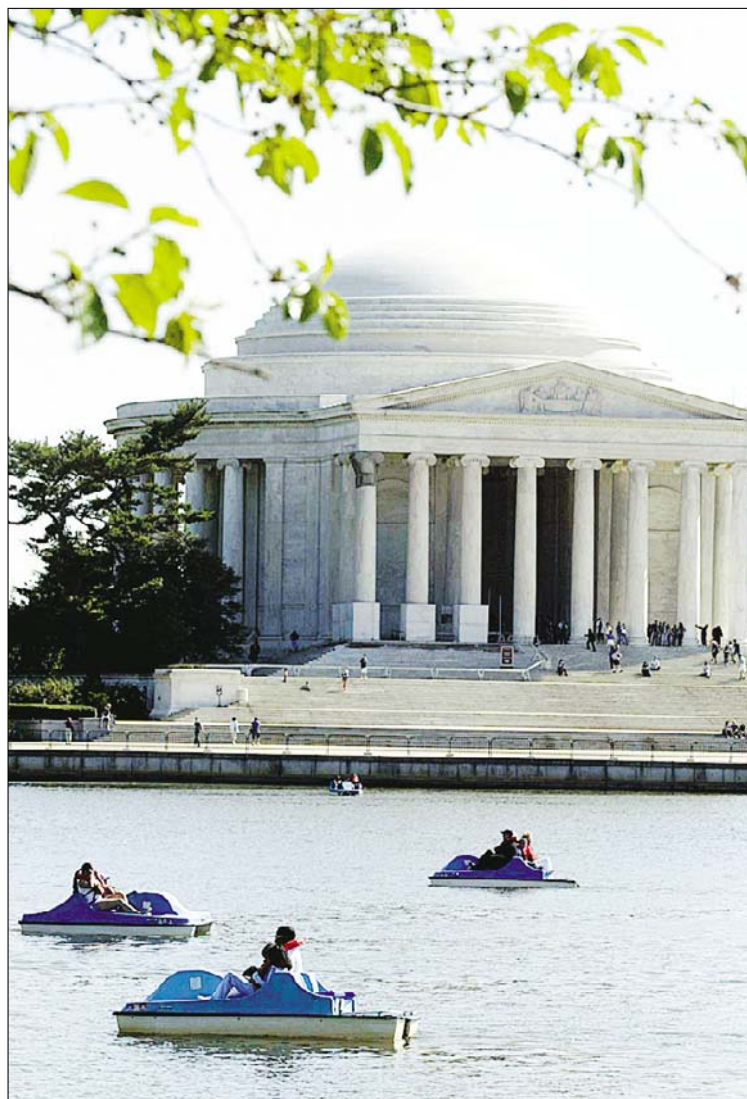
"It's all connected: More strength training helps get your heart rate going faster and that also helps the cardio out." But paddler beware:

the wait for four-seater boats is usually longer.

**GARB:** No specific gear is necessary

to tool around in a paddleboat, but short sleeves, sunglasses and sunscreen are strongly recommended.

JULIA BEIZER



PRESTON KERES/TWP

Tidal Basin Paddle Boats (1501 Main Ave. SW; Metro: Smithsonian). Through Labor Day: daily, 10 a.m.-7 p.m., last boat out at 6 p.m. Labor Day through Columbus Day: Wed.-Sun. 10 a.m.-7 p.m., last boat out at 6 p.m. Rates are \$8 per hour for a two-seater boat and \$16 for a four-seater. For more information, visit [tidalbasinpaddleboats.com](http://tidalbasinpaddleboats.com) or call 202-479-2426. At least one passenger must be 16 years or older.

Work  
it Out



## Curious Bodies Attempt Pilates

No DVD can replace a live Pilates class, says Jennifer Campbell of the American Dance Institute. Pilates Day — Saturday, May 6 — is a chance to put her theory to the test. To celebrate, several local studios are offering free classes. The ADI (1570 East Jefferson St., Rockville; 301-984-3003; [americandance.org](http://americandance.org)) presents a demonstration at 1:30 p.m., followed by a 2:30 p.m. mat class. At Somafit (2121 Wisconsin Ave. NW; 202-965-2121; [soma-fit.com](http://soma-fit.com)), there will be a bevy of classes between 9 a.m. and 4 p.m. Balance Studio (4719 Rosedale Ave., Bethesda; 301-986-1730), is hosting an open house between 1 p.m. and 5 p.m. Call ahead to reserve a space.

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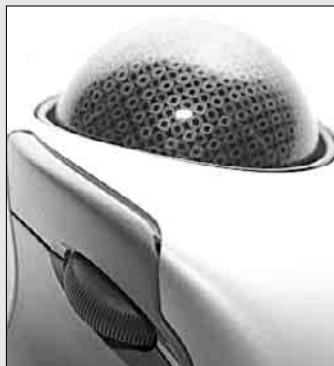
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| STUDIES

## Stethoscope



## Thwart Evil PCs

The burning wrists and aching hands that can accompany long hours at a computer may be easily preventable. In a study published in the *British Journal of Occupational and Environmental Medicine*, 182 workers were given either a trackball or a forearm support—a padded board attached to the desk that properly positions the arm. Subjects with the board were less likely to have pain in the neck, shoulders, arm, wrist and hand. While the trackball helped some workers, others found it too hard to use.

## Seat Belts Save Lives

In the further annals of the “We Tell You This Stuff for a Reason,” non-seatbelt-wearing crash survivors who end up in the emergency room are three times more likely to die than those who buckle up. Researchers at the Medical College of Wisconsin found that unbelted crash victims make up two-thirds of all patients who died in emergency rooms. Non-bucklers were also much more likely to require hospital admission.

## Take a Deep Breath

Relaxing before a blood pressure check will produce lower and more accurate readings. A study by the University of Virginia Health System found that patients who sat in a comfy chair in the exam room for five minutes clocked in lower than those who sat on an examination table and had their blood pressure taken immediately. The 14-point difference (in the top number, aka systolic) could cause a false diagnosis of high blood pressure.



GETTY IMAGES

## Remove the Ouch

Stop life's little pains with doctors' quick tricks

**We want pain relief and we want it now. But who sees a doctor for everyday irritations like sore necks and pinched toes or throbbing hangnails and burning eyes? We did and found the best ways to treat those little pains that pack the big hurt.**

## Hangnail

A hangnail starts when dry skin around your nail bed cracks and breaks. It ends when you gnaw it off. But the raw, red patch and throbbing that ensues is more than a way to nauseate the people around you; it's a sign of a minor infection. After washing it, use an over-the-counter

antibiotic ointment like Polysporin or Bacitracin, which doesn't contain neomycin (an ingredient that often causes allergic reactions), says D'anne Kleinsmith, M.D., a Michigan dermatologist. Reduce the %&#! factor by bandaging it.

**PREVENT IT:** Moisturize your skin to keep it from drying and cracking. Do it after you wash your hands to seal in moisture.

## Hangover

The best remedies are extra sleep, anti-inflammatory meds and electrolyte-containing sports drinks like Gatorade (they enable the body to rehydrate). Just avoid caf-

feine: “Caffeine is a diuretic, which means that it will further impair the body's ability to hold onto fluids,” says Jeffrey G. Wiese, M.D., a hangover researcher at Tulane University Health Sciences Center in New Orleans, Louisiana.

**PREVENT IT:** Eat veggie pizza. Alcohol contains chemical impurities called congeners, which are linked to hangovers. “Starches, carbohydrates, and vegetables will bind some of those congeners or impurities and prevent them from getting into the body and that may lessen hangover symptoms,” Dr. Wiese says. Also choose light-colored, highly filtered drinks like vodka, gin, light

rum, and white wine because they contain fewer congeners.

## Upset Stomach

Antacids like Tums, Roloids, or Pepcid Complete will give fast relief by neutralizing acids in your stomach, says David A. Peura, M.D., professor of medicine at the University of Virginia. You can also pop peppermint-flavored candy or drink ginger-flavored tea to provide relief after a big meal, because these flavors relax the sphincter muscle between the stomach and the esophagus. The stomach then decompresses, which helps you belch to feel relief.

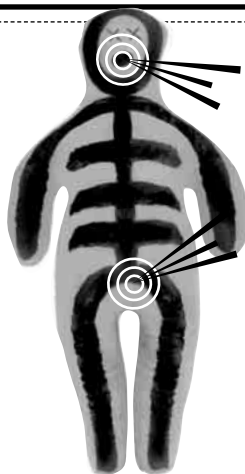
**PREVENT IT:** Skim a little fat from your diet. In a study published in the journal *Gut*, researchers found that those who were heartburn-free ate less fat per day than the heartburn victims. The reason? Fat causes the esophagus to relax, which makes it easier for fluid to travel up. Cut at least 10 g of fat by switching to skim instead of whole milk or taking two yolks out of a three-egg omelet.

## Ear Popping

The painful pop happens when pressure in the eustachian tube (that's a tube that runs from your ear to the throat) doesn't match the air pressure in the cabin, causing the eardrum to stretch. To equalize pressure, hold your nose, purse your lips together, and blow hard, says Madan N. Kandula, M.D., an otolaryngologist in Milwaukee. Besides doing it while ascending and descending (when pressure changes are most dramatic), you can also do it a couple times before boarding to open and warm up the eustachian.

**PREVENT IT:** Taking a decongestant like Afrin or Sudafed half an hour before takeoff also opens the eustachian tube. And those frequent fliers with frequent pain can quickly eliminate it; ear, nose, and throat doctors can perform a myringotomy, the most common minor surgical procedure in the U.S. After the eardrum is numbed, a plastic, hourglass-shaped tube about half the size of a ballpoint pen's tip is temporarily implanted, only causing discomfort mild enough to be cured with Tylenol. The tube will fall out on its own after a few months. “Air pressure can be equalized through the small hole in the tube without having to rely on the eustachian tube,” Dr. Kandula says.

(WOMEN'S HEALTH)



## hypochoondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Are you tired and pale?** Are you having difficulty breathing? Does urination cause a burning sensation? Are you coughing up blood (or peeing it)? Are you a young man? You could have Goodpasture's syndrome, a disease in which one's immune system assaults one's lungs and kidneys for reasons not known for sure. (It's named for 20th-century pathologist Ernest Goodpasture, who first described it.) Doctors use immunosuppressive drugs to make the body call off its vicious attack antibodies. If Goodpasture's damages the kidneys too badly, victims might end up needing dialysis or a transplant—if they don't die from pulmonary hemorrhage or respiratory failure.

SOURCE: MERCK MANUAL, KIDNEY.NIDDK.NIH.GOV. THIS COLUMN IS NOT A SUBSTITUTE FOR MEDICAL CARE.

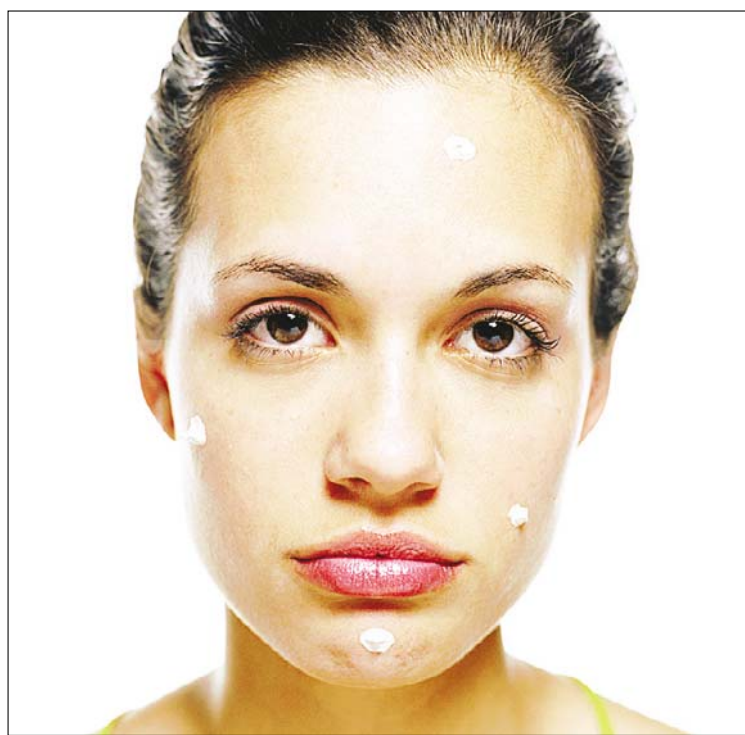
# Breakout Busters

Ban adult acne forever from your flawless face

**Thought you'd grow out of pimples as swiftly as you did your prom tux/dress? Think again. Dermatologists are seeing more and more people, especially women, who are battling both acne and wrinkles. Even zit-free adolescents can develop breakouts as adults because of stress, bad genes, fluctuating hormones or all of the above.**

Cosmetics companies have responded enthusiastically with products designed for adults. At the same time, dermatologists are adopting new technologies that might curb breakouts faster and easier than oral medications.

A trek to the drugstore is best for occasional breakouts, and updated versions of tried-and-true teen creams still do the trick. New products from Clearasil, L'Oreal and others combine benzoyl peroxide or salicylic acid into gentler creams for older skin, which is commonly thinner and drier.



GETTY IMAGES

For chronic breakouts, most people will want to see a dermatologist, who can prescribe stronger versions

of store-bought treatments, antibiotics and other drugs.

The docs have new tricks now

too. "One of the biggest trends in acne treatments is a move away from oral treatments to lasers," said Tina Alster, a dermatology professor at Georgetown University and one of the first in town to use lasers to treat acne. There are several types of laser treatments that work by destroying cells around the glands that produce oil. Results will vary by individual and type of laser used, but improvements will usually last at least six months.

Dermatologists are particularly excited about photodynamic therapy, which was developed to treat precancerous conditions and is now in clinical trials to use for acne. A topical medication is spread on the patient's face and left to absorb for about half an hour. Then, the patient sits under a light for several minutes. This damages glands and shuts down oil production.

The downside: Because it's not FDA-approved for acne, insurance companies won't pay for photodynamic therapy. Sessions can run \$500 to \$1,000 each, and three sessions are usually needed. Also, most people come out with a little redness and can't go out in the sun for a couple of days. Still, for those who no longer have to relive those pock-faced days of their youth, it could be worth it. ELIZABETH QUERNA

THE EXPERTS

## SkinDeep

### Tag! You're It.

**Q** I don't want to go to a doctor every time I find a new skin tag.

**How can I safely remove them myself?**

**YOU CAN REMOVE** skin tags yourself, but the process isn't pretty. Dermatologist Joy Chen says, "Take fine, narrow dental floss and tie it at the base of the skin tag. It strangulates the skin tag and cuts off the blood supply. The tissue will turn black and fall off [in] one to two weeks." Despite sharing the secret method for self-removal, Chen warns that she usually does not recommend folks do it at home. "Skin tags can have a generous blood supply and can bleed a surprising amount," she adds. Dermatologists' treatments include cutting off the tag or freezing it off with liquid nitrogen. LYNN THORNE

**Want us to ask a dermatologist your skin question? Send your query to [skindeep@readexpress.com](mailto:skindeep@readexpress.com).**

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THE EXPERTS

## ChewOnThis

## Bikini Bodies

**Q** I'm looking to lose a few pounds by summer. My question is, can I expect results with only exercising, or do I need to change my eating habits too to get the desired results in a decent amount of time?

**WITH SWIMSUIT SEASON UPON US**, weight-loss is on the minds of many. Although exercise offers countless benefits like improving cardiovascular health, relieving stress and boosting the metabolism, it is difficult to lose weight with exercise alone. In the National Weight Control Registry, the largest weight-loss study in the nation, the one thing that successful "los-



ers" had in common is that they used both diet and exercise to drop pounds and keep the weight off. Here's how it works — to lose a pound a week, which is considered a healthy rate of weight loss, you need to create a daily deficit of 500 calories (or a total weekly deficit of 3,500 calories) by eating less and moving more.

Try these quick tips to help you cut calories in a flash: Load up on fiber-rich fruits and vegetables to help you feel full; eat lean protein throughout the day to help keep hunger at bay; don't deny yourself the foods you love, just limit portions; add an extra 20 to 30 minutes to your workout routine; and you'll be dropping pounds in no time. See you at the beach!

**Kristen Ciuba, MS**, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at [nutrition@readeexpress.com](mailto:nutrition@readeexpress.com)

# Fake Fast Food

Satisfy your cravings in a healthier way at home

Some of us saw "Super Size Me" and still kept right on loving our grease. Fast food cures heartache and hangovers, and nothing brings more happiness than a hot, salty french fry.

But there always seems to be a light seasoning of guilt sprinkled over anything fried, battered or both—at least until "Fast Food Fix: 75+ Amazing Recipe Makeovers of Your Fast Food Restaurant Favorites" (\$15, Rodale). Author Devin Alexander, once a fast-food addicted teenager, dropped 55 pounds by completely cutting out fast food. But cravings still struck, so she developed her healthier versions of fast-food favorites. But can lite taste right? We gave three recipes the Express kitchen test.

**In-N-Out Burger Double Double With Cheese** (original: 670 calories, 41g fat; new version: 388 calories, 15g fat).

This chain, found only in California, Nevada and Arizona, makes West Coast transplants drool for home. The two-pattied, special-sauced Tower of Burger is one of their most popular selections. Here, the beef is leaner, the sauce is made with low-fat mayo, and the patties are cooked on a nonstick skillet instead of fried. The cooking took less than 10 minutes and tasted just like its fatty inspiration. Caution: be sure to make the patties thin; thick patties lead to an impossible-to-eat burger.

**KFC Popcorn Chicken** (original: 660 calories, 44g fat; new ver-



sion: 354 calories, 5g fat.)

The only thing better than fried chicken is fried chicken you can eat really fast — and dip into delicious calorie-laden sauces. Unfortunately, this is a version you don't want to eat at all. After cutting up about half a chicken breast into 25 pieces, dredging them in flour, dipping them in egg whites and rolling them in panko (Japanese bread crumbs), then repeating the egg-panko dance, you expect something more than what will emerge from your oven. The chicken bits

look like macaroons and taste like styrofoam. No rewards for an awful lot of work.

**Starbucks Banana Pound Cake** (original: 360 calories per slice, 18g fat; new version: 303 calories per slice, 7g fat)

We're typically skeptical of low-fat bakery goods, since they tend toward the "cardboard" end of the taste spectrum. But this version, made with fat-free yogurt and egg whites, was moist and tasty. It was best right out of the oven,

but held up over a few days. While the calorie-cutting was minimal, the savings were not: the slice that would cost you a couple of bucks at the coffee shop can be yours for almost nothing, since you probably have most of the ingredients in your house already.

Sure, part of the charm of fast food is that it's just there, with no work required. But the ease of most of the recipes, combined with how

**The cooking took 10 minutes and tasted like its fatty inspiration.**

closely they match their hefty counterparts, makes "Fast Food Fix" a worthy addition to any healthy kitchen. The book also only uses common ingredients (the panko was the only unusual thing we could find), and most of the recipes take less time than getting them at the drive-thru. The only consistent problem was Alexander often uses weight measurements (how much is 2.5 ounces of chicken breast, anyway?), which is tricky if you don't have a scale.

Not all the recipes are low-cal: the updated Taco Bell Soft Taco still has 229 calories (the original has 260); the Big Mac has 386 (compared to 560 for the original.) However, most of the recipes severely cut the fat (cutting 10 and 19 grams from the above recipes, respectively.) Alexander's writing never comes off as sanctimonious or preachy. She knows and admits that fast food tastes good — that's why we eat it, after all. And now we can have our burgers without a side of guilt. **KRISTEN PAGE-KIRBY (EXPRESS)**

## Label Lingo Cheat Sheet

Packages boldly feature these words, but what do they mean?

**Think that label lingo is as ambiguous as "new and improved"? Learn these terms — they can appear only if they accurately describe what's inside the package:**

**Free:** Contains too few calories and too little fat, saturated fat, cholesterol, sodium, or sugar to have any effect on your diet.  
**Reduced:** Has at least 25 percent fewer calories and 25 percent less

fat, saturated fat, cholesterol, sodium, or sugar than does the standard version of the same food.  
**Light:** Has 33 percent fewer calories or 50 percent less fat than does the standard version; also

appears on foods that have 50 percent less sodium and are "low-calorie" or "low-fat."

**High:** Contains at least 20 percent of the daily value (DV) for protein, vitamins, minerals, fiber, or potassium. Synonyms: "rich in," "excellent source of."

**More:** Has 10 percent or more of the DV for protein, vitamins, minerals, fiber, or potassium. **GLORIA MCVEIGH (PREVENTION)**

**Kashi TLC Crunchy Granola Bars** (\$3.60 per box)

**THE VERDICT:** Granola bars may look healthy, but they're usually laced with enough sugar and studded with enough chocolate chips to counteract any grain gain. So Kashi set out to whip up a tempting bar with more protein and fiber and less sugar.

And they succeeded with these crunchy treats, which come in one of three flavors (honey toasted 7-grain, roasted almond crunch and pumpkin spice flax). You won't be able to pass one off on the kids as dessert, but they're filling with a satisfying crunch. And serving size is two bars, so you feel better about indulging.

**Amino Vital Fit Bar** (\$2 per bar)

**THE VERDICT:** There's absolutely nothing healthy tasting about these concoctions (especially the chocolate peanut flavor which should be a candy bar) that boast 1,000 mg of amino acids and lots of vitamins to get you moving. Did they really make us energized and focused? Not sure. But they got us eating.

**Solo GI Bars** (\$1.40 per bar)

**THE VERDICT:** These mini bars are working two angles: they only have 100 calories and they're low-glycemic, meaning they release glucose into the bloodstream slowly for a sustained boost. They were a little too chewy for our tastes, but left us feeling full after a few bites. Our fave: Lemon Lift.

**Belly Bar** (\$2.50 per bar)

**THE VERDICT:** Aren't pregnancy cravings usually for something weirder than a snack bar? But these nutrient-packed wonders (18 mg iron, 8 g protein, 60 mg Omega-3s.) in berry, oat and choco flavors are tasty even if you're aren't expecting.



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